

## **What are touch therapies?**

Touch therapies include light massage therapy, Reiki, Healing Touch™ and reflexology to assist your recovery from medical or surgical procedures. These therapies are offered by the Healing Services Team at no charge to patients, families and employees.

Touch therapies can relieve muscle tension, assist in pain relief and provide an overall sense of well-being and relaxation.

## **Massage Therapy**

Massage therapy is used to support your medical condition and aid recovery. Massage can help reduce muscle tension, relieve stress and soothe pain.

Light, 10-minute massages (free of charge) are offered with a physician's order for patients during their hospital stay. Chair massages are offered to families and visitors at scheduled times in the Rooftop Terrace of the Miller Family Pavilion and in the G100 Relaxation Suite.

All massage is light and the therapy targets the upper body; the legs are not massaged. Sometimes there are medical reasons why massage is not recommended for you during your hospital stay, but other touch therapies may be appropriate.

Massage therapy is provided at Cleveland Clinic by licensed massage therapists who have been specifically trained in hospital-based manual therapies. They are licensed by the State of Ohio Medical Board. Our therapists are registered nurses and have completed a certification course for hospital-based massage sponsored by the Healing Services Team.

## **What is reflexology?**

Reflexology is the application of light pressure on specific points of the hands and feet that provide a healing effect on corresponding organs, glands, and other parts of the body. Most sessions have a relaxing, calming effect and provide physical relief.

## **Physician's Order Required for Massage Therapy and Reflexology**

**Please note:** A physician's order is required before patients can receive massage therapy or reflexology. Please tell your health care team if you would like to receive these therapies so your doctor can provide permission by signing an order.

***The Healing Services Team supports your well-being during your hospital stay by offering holistic care services to naturally help you relax and heal. Our mission is to enhance your experience through a comprehensive, holistic approach to your care.***



## Energy Therapies

Energy-based healing therapies are safe, gentle, non-invasive, therapies that work with your body's natural energy to support healing. Inpatient energy therapies provided at Cleveland Clinic include Reiki and Healing Touch™. Energy therapies do not require a physician's order.

**Reiki and Healing Touch™:** Reiki and Healing Touch™ are safe, gentle, non-invasive forms of natural hands-on, energy-based healing. These therapies work with your body's natural energy to support healing. Reiki and Healing Touch™ help balance your physical, mental, emotional and spiritual well-being to promote a deep sense of relaxation.

Reiki and Healing Touch™ are provided by specially trained practitioners who are part of the Healing Services Team and are supervised by a registered nurse.

During a Reiki or Healing Touch™ session, the practitioner places her hands on or hovering over your body. You may experience the energy as sensations such as heat, tingling, or pulsing, or you may feel these sensations move through your body to other locations. Some people enter a deeply relaxed state, and others may not notice any change at all.

**Note:** No disrobing is necessary to receive Reiki or Healing Touch™.

## Where can I receive inpatient touch therapies?

Touch therapies are provided for patients at the bedside in the patient's room.

## How long do the sessions last?

Inpatient touch therapies are offered to patients in 10-minute sessions.

## How to Request Inpatient Healing Services

Healing Services can be requested by the patient, family and any member of the clinical team. These services are offered at no charge.

Patients and families can call **ext. 59543** on the hospital telephone, or **216.445.9543.\***

Any Cleveland Clinic staff member can order Healing Services in EPIC - select Healing Services Referral. Medical staff can specifically order Healing Services Massage, which is for patients only (doctor's order required).

\*Healing Services are available regularly but not daily. We will make every effort to meet your request and we look forward to serving you.

## Healing Services for Families, Visitors and Employees

Ten-minute touch therapy sessions and other healing services are offered at scheduled times to families and visitors in the Rooftop Terrace of the Miller Family Pavilion and in the G100 Relaxation Suite. These services are offered free of charge.

## Outpatient Integrative Medicine

Outpatient practices and techniques are offered through the Center for Integrative Medicine.

Fee-based outpatient therapies are available before and after your hospital stay. Integrative Medicine therapies are also offered to family members and visitors at any time to help decrease stress. For more information visit [clevelandclinic.org/integrativemedicine](http://clevelandclinic.org/integrativemedicine) or to schedule an appointment, call 216.986.HEAL [4325].