

# **AMERICAN ACADEMY OF INTERNATIONAL EDUCATION, INC.**

Faculty of Health & Medicine – School of Therapeutic Massage

## **Therapeutic Massage Lab Client For Student Massage – Frequently Asked Questions (FAQs)**

WELCOME to the American Academy of International Education (AAIE) Therapeutic Massage Lab Class. As a client, you are a valued part of our students' training, educational experience, knowledge, improvement and research.

In order to meet our program's standards and the State of Michigan Massage Practitioner's Licensing Requirements, the students must complete at least 625-Hours of training in Massage Therapy, including 75-hours of 'Clinical Training', duly supervised by a Licensed Massage Therapist (LMT).

Our students are not allowed to work on clients in Lab, until they have satisfied a significant portion of their bodywork courses. All Lab classrooms will have an instructor present to assist you and supervise the student as they work.

If you have any questions or concerns about your session, please feel free to discuss them with the instructor present in the classroom. Below you will find the answers to some frequently asked questions:

### **Q. Are you a Massage School or a Massage Clinic?**

*A. We are **NOT** a Massage Clinic, open to the public for massage therapy. We are a School, licensed by the State of Michigan to train Massage Therapists. However, we do accept limited number of clients by appointment only as a part of student's clinical training, under the supervision of a qualified & licensed massage therapist teacher.*

### **Q. Does my Health Insurance Cover the cost of my massage?**

*A. Please ask your insurance company about massage being covered. More companies, including Medicare /Medicaid are considering to include massage. If you would allow us, we would be happy to contact your insurance company to try to include this service.*

### **Q. Do I need a prescription/ referral from my physician for a massage? Should I keep her/him informed of this massage?**

*A. As Health Professionals, Massage Therapists have increasingly become an important part of 'Health Care Team' and it is highly recommended that you discuss this massage with your physician. In some cases, it may be necessary to have a prescription or referral from her/him. We high recommend that you bring any lab-report, diagnostic test report, etc. to help us in our assessment of your pain.*

### **Q. Do I have to pay a fee to receive the Massage, even though it is a school?**

*A. YES. We charge a small fee, to cover our expenses. We will try to bill your health insurance company and adjust any amount, if and when, they will pay. We will keep you informed of their response.*

### **Q. Do I have to pay a 'tip' to the student?**

*A. It is entirely up to you. Tipping is not a requirement because this is a part of student's training. It is optional, but some people like to tip the student, as a token of appreciation.*

### **Q. What Does Therapeutic Massage Do – Other Than Feel Good?**

*A. There are many health benefits of a good Therapeutic Massage – including;*

- 1. Helps rid the body of toxins*
- 2. Stretches Superficial Tissue*
- 3. Assist Lymphatic & Venous Flow*
- 4. Helps to Break-up and Loosen Subcutaneous Scar Tissue*
- 5. Increase Nutrition to the Cells & Skin*
- 6. Can help reduce certain types of Edema*
- 7. Increases Respiration to the Skin*
- 8. Stimulates the Sensory Receptors (nerves) of the Skin and Deeper Tissue*
- 9. Increases Relaxation*
- 10. Decreases Stress & pain*

## **Q. How Much Should I Disrobe for my Massage?**

A. During your experience as an AAIE Lab Client, you are asked to disrobe to your comfort level. Please leave your underwear on. Ladies may remove their bras if they wish. The Breasts & Genitals are NOT worked on during any massage. Various Massage Techniques require lubricant to avoid friction on the skin, so the more skin exposed, the greater the variety of massage techniques the student can perform. Clients will be modestly draped with a sheet during the entire massage session to maintain their privacy. The only part of the body that will be exposed is the part the student therapist is working on. When you turn-over, you will be covered. It is a requirement for our Therapeutic Massage students to always honor the modesty of Practicum Lab Clients. When the massage is over, the student therapist should leave the room or cubicle and allow you time to get-up and get dressed before she/he can return, and only after knocking the door and asking you if it is okay for her/him to enter.

## **Q. I have never had a Professional Massage – What Should I Expect?**

A. The State of Michigan Therapeutic Massage Laws require that complete information about every client is recorded and maintained – just like it is done at a medical clinic or hospital.

On your first visit, your student massage therapist should do an 'Intake', asking questions about you, the history of your general health, specific injuries and whether you are under a doctor's care. We encourage you to ask any questions you may have for the therapist, as well as tell her/him of any special needs, concerns, requirements, problems, pain or suffering, or medical issues, etc. that you may have.

- **A good history is fundamental to better results in Therapeutic Massage.**

The student therapist will then give you instructions on how she/he want you on the massage-table (or massage-chair). She/he will make sure you have complete privacy while you are changing.

## **Q. Should I eat before my Massage?**

A. It is NOT a good idea to eat a heavy meal before a massage. Heavy rich food in the stomach may cause cramping, and prevent you from enjoying the full benefits of your massage. Please eat very lightly, and drink extra water before coming in for your massage.

## **Q. What should I expect during the Massage?**

A. In order to enhance your level of relaxation when you are getting a professional therapeutic massage, there should be little or no talking. The student therapist will probably be checking-in with you to make sure you are tolerating the massage-maneuvers, and to remind you to breathe & relax. As the client, your input during the massage is important. If you are in any way uncomfortable - **Speak-Up**. Please let the therapist know if you are feeling good or bad with whatever procedure she/he is doing at the time.

- **Good Communication is fundamental for better results in Therapeutic Massage**

## **Q. How Do I take Care of Myself After a Massage?**

A. While we all know how important it is to drink plenty of water, it is especially important after a massage. For at least 24-hours after your massage, you should drink extra water to flush the toxins out of your body. If you have access to a steam-room, sauna or whirlpool, these are ideal ways to continue cleansing the system. A hot shower, followed by a soak bath is also a great follow-up.

While most people feel refreshed & wonderful after a massage, sometimes some people may feel a little sore or achy the day after their session. This is a normal response – a lot of stuff gets stirred-up in your body and that feeling is a 'Healing Response'. It should go away within 24 to 36-hours. Rest, Healthy Eating and Fluids (water) will help minimize the response.

## **Q. Would you like me to evaluate or make any comments & suggestions to improve the massage student's services or AAIE program/service?**

A. Indeed. We would appreciate it very much. Please discreetly talk to the supervisor/teacher. Or send your comments/suggestions by email to [info@americanacademyedu.org](mailto:info@americanacademyedu.org)

<p><b>THANK YOU</b> for your participation as a Therapeutic Massage Lab Client. We hope that this is an enjoyable experience for you. Please come back for another experience soon. If you, or someone you know, might be interested in training for 'Self-Massage' or to become a Professional Massage Therapist, please call/text at 248-822-6000 or speak with the instructor.</p>
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