

## Geriatric Massage Protocol

The term geriatric massage is an umbrella term which refers to impairments that are caused by physical changes in the body usually resulting from chronological aging. However, this massage protocol is not limited to working only with the elderly. The specialized techniques are appropriate for aging patients as well as those with Alzheimer's disease, Parkinson's, ALS, MS and cancer. Geriatric massage directs its efforts to specific conditions with the expectation to improve them. I have witnessed first hand the effects of the compassionate power of touch. These techniques can be performed wherever the client, Resides. Or, for those who are more robust, I have three convenient Studios. The session is usually performed in a regular chair, a recliner. Massage tables are rarely utilized.

Eddi has been a Godsend for my Mother who suffers from Alzheimer's and severe Neuropathy. Along with confusion, fear and an inability to readily process what is going on around you, Alzheimer's frequently brings with it a distrust of others around you. Eddi quickly learned and implemented many of the things I knew to calm my Mother in order to gain her cooperation. She learned about my Mother's past and uses key information, like being a professional singer, to help my Mother along. Now my Mother always smiles when I tell her "tomorrow is your massage day". We have seen improvement in her physically, but more importantly, mentally. She is in a good place much more of the time and even participating more in activities.

I've watched Eddi work with my Mom, sing with her and get her through rough patches. It is clear how much she truly cares for my Mom and I trust her explicitly.

I know that Eddi is invested spiritually in what she is providing my mother is a soothing and relaxing massage. Eddi is looking for new and improved methods all the time. I would not hesitate to recommend Eddi to anybody with an elderly loved one. She truly treats the inner spirit.

-J.G.

Eddi transforms our living room into a tranquil and spa like space, providing my mother a soothing and relaxing massage. Eddi is genuinely compassionate, shows concern for my mom's well-being and provides the perfect pinch of humor. My mom and I always look forward to Eddi's next visit.

-M.R.



massage 4 inner peace

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"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom"

-Dr. Maya Angelou

## massage 4 inner peace

Eddi Goldberg Perlis has worked with geriatrics and their families for over 15 years. She has been an advocate of complementary medicine before it became popular. It was no surprise to anyone who knows her that she went to school to become a Licensed Massage Therapist and also certified as a Geriatric Massage Therapist through the Day-Break Institute in Indianapolis, IN.

Learning new techniques is her passion. She is trained in:

- Massage for People Living with Cancer
- Reflexology
- Reiki

She is passionate about what she does and compassionate with her clients. When she is not enhancing her clients lives or volunteering at cancer centers and nursing homes, she is enjoying her two loving daughters and their growing families, being “Mimi” to her four grandchildren, gardening, practicing yoga, beading, and spending time with her Portuguese Water Dog.

## Geriatric Massage

Oftentimes, when someone thinks of massage, he or she envisions a deep tissue massage or a long, relaxing session at a day spa or salon. There is a misconception that massage is for young people or athletes, while in fact our aging population can significantly benefit from massage.

The benefits of Geriatric Massage include:

- stress reduction
- increased circulation
- pain reduction
- a decrease in anxiety
- a sense of well-being

## Geriatric Massage (continued)

There are studies which have shown that Alzheimer’s patients receiving massage demonstrate reduced agitation, offering a sense of peace and calm in an otherwise chaotic world.

These benefits are especially important for a population that is less active. Geriatric Massage is a modality that has gained recognition in making a difference in the lives of seniors.

## Massage for Cancer Patients

Comfort-oriented massage or touch can be administered to people with cancer regardless of the severity of their condition. Eddi has taken training in Oncology Massage through Oncology Massage Matters. Isabel Adkins, her mentor, is certified instructor by the Society for Oncology Massage (S4OM) of which Eddi is a professional member. Isabel’s approach to oncology massage integrates Eastern and Western complementary techniques including Reflexology and Accupressure.

Eddi uses this massage protocol for clients who have undergone or undergoing chemotherapy, radiation and surgery as well as for those patients who are at risk for Lymphedema.

Eddi realizes the importance of massage for people with cancer being a cancer survivor herself.

“In the middle of difficulty lies opportunity”

-Albert Einstein

## Reflexology

Reflexology is an ancient technique that uses pressure-point massage usually on the feet, hands and/or ears to restore the flow of energy throughout the entire body. It has been around for thousands of years and is based on the premise that there are reflexes in our hands, feet and ears that relate to every organ and part of our body. By stimulating these reflexes with pressure and manipulation, nerve function and blood supply may be improved, which may alleviate stress and other health problems.

Not only has Eddi taken 125 hours to receive a certificate in reflexology but she has acquired continuing education of 16 classroom hours in the science-based Manzanares Method™ of Reflexology (MMR) developed by Dr. Jesus Manzanares, M.D and training in the MMR Press and Slide Technique™, research principles, protocols and MMR Foot Reflexology Mapping.

“The human foot is a masterpiece of engineering and a work of art.”

-Leonardo da Vinci