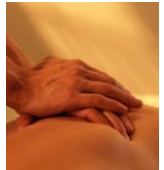
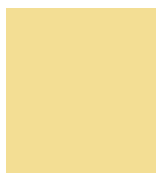
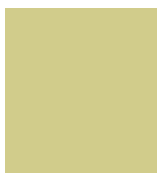


MASSAGE THERAPY FOR THE WORKPLACE



Work related stress is a major cause of disability and costs employers millions of dollars in lost productivity and work cover costs. It makes sense to provide some sort of stress relief in the workplace. More and more employers are recognising the effectiveness of massage to reduce physical and mental stress.



Workplace massage

Workplace massage is a short seated massage which

- Lasts for 10 – 15 minutes
- Uses no oil
- Takes place with the employee fully clothed
- Treats the head, neck, shoulders, back, arms and hands
- Uses a portable massage chair which can be easily set up and dismantled

A five week study found that a group of 26 employees who had twice-weekly, 15 minute massages in the office fared better than a control group of 24 employees who were told to just close their eyes and relax.

The massage group experienced reduced stress and improved performance, while the control group did not.

Researchers measured alpha and beta waves in both groups, and found the massage recipients to be less fatigued, more alert and clear headed. Stress hormones of the massaged group were also lower than the control group. The massaged workers completed math problems in 1/2 the time as normal and with 1/2 the errors they had before they were massaged. The math skills of the control group did not improve.

Study conducted by the Touch Research Institute at the University of Miami



Benefits for the company

Establish the company as an employer of choice

Shows a keen interest in the health and wellbeing of their employees

Minimizing employee absenteeism, work cover claims and employee turnover

Benefits for the employee

- Relaxes tense muscles
- Decreased anxiety levels
- Improves immune system function
- Helps maintain moral, motivation and productivity



It's easy to set up and run

1. Assign a contact person

They will assist the masseur to set up a schedule, publicize the program, and sign people u.p

2. Provide space

A conference room, break room, or a quiet corner is fine. After the day's session, the space can be returned to normal use.

3. Encourage employees to use it

Make sure they know that management supports the program. Management should use it and encourage their staff to do the same

4. Cost effective

Seated massage is quite affordable as it is shorter than a regular table massage and thus costs proportionately less

- No up front investment in equipment or facilities
- Only pay for employees who use it
- Employees can pay for part of all of the cost
- Massages can take place on break times so no work time is lost
- Convenient. No need to change clothes, shower or leave the workplace.

Academic studies of corporate health and fitness programs consistently show a 3:1 payback for spending in terms of increased productivity and less absenteeism.

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A versatile benefit

- The massage program can be set up in various ways
- A regular weekly, bi-weekly or monthly program as an ongoing benefit to employees
- Offered at special times of the year (birthdays, service anniversaries)
- Incentive or reward for achieving company and individual goals or completing projects
- During seminars or conferences to participants



About the massage therapist

Adam Vounoridis is a remedial therapist and a practitioner of Traditional Chinese Medicine (TCM). He has been in private practice since 1997 and has had extensive exposure in treating the problems caused by a stressful workplace environment.

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