

# andrew aitken massage

REMEDIAL &  
STRUCTURAL  
BODYWORK

“he explained to me what he was doing the whole time, which made me feel very comfortable”

## What happens during a session?

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When you arrive for your first session, you'll be welcomed and made to feel comfortable and at ease. Andrew will introduce himself and ask you to fill in a standard 'consent to treatment' form. From the very beginning, it will be made clear that you are free to ask questions at any time.

For both you and Andrew, it is important that you feel secure that any information you provide will be treated in the strict confidence.

The reasons why you have come for a massage or bodywork session and what you hope to get out of it will be discussed. After this Andrew will take notes about relevant medical history including details of any accidents, falls, major dental work, injuries, medication etc.

Also discussed will be any sporting pastimes and your work activities. This allows Andrew to build up a detailed picture of your health so that he knows what can be achieved and that there is no medical reason to prevent treatment.

He will then leave the room to allow you privacy to get undressed, ready for the massage. Most people get changed down to their underwear, but it's important that you get undressed to the level that you feel comfortable. You can then get onto the massage table and bring the blankets over you and Andrew will return. At any point during a massage session, only the part of you that is being worked on will be uncovered.

If appropriate, Andrew will describe any techniques that he is going to use and explain why he is using them. Some sessions may involve only massage, some may involve more complex techniques, movement and stretching. This will all be made clear to you throughout the session.

At the end of the session you and Andrew can evaluate the effects of the massage and discuss the relevance of any treatment plan and any follow up appointments. Please be aware that with chronic conditions and injuries, it is likely that a few sessions may be needed to achieve your desired results.

You may also be given some advice, simple exercises or stretches to compliment the hands-on work.

If it's felt that what Andrew does is not suitable for your condition or if there is another therapy that will have a better effect or that will compliment his work, then Andrew is happy to refer you to someone who is more appropriate for your care.

Andrew has a substantial network of some of the best practitioners in the country who have a wealth of knowledge and experience. In the event of any referral, you can be assured that they are all practitioners whom Andrew would be happy to go to himself.

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