

The background is a solid olive green color. It features several faint, overlapping circular arcs that create a sense of depth and movement. The main title is centered and written in a white, elegant, cursive script. The text is arranged in two lines, with the first line being slightly larger than the second.

*Therapeutic
Massage*

delivered by a trusted name

About Us

Family owned and operated as the most trusted resource for in-home care services since 1968, Family & Nursing Care is also the nation's expert in therapeutic massage for older adults. Everything about our massage services is in line with our mission to enhance people's lives as they age. Our focus is on you and your quality of life.

We provide a true therapeutic experience. Your massage program will be tailored to your individual health situation, needs, and goals. We come to your home, be it a private residence or senior living community. And, we pay attention to your feedback and responses to make sure your massages are the most effective and enjoyable for you.

Flexibility. Mobility. Vitality. We want you to have it all.



Family &
Nursing
CareSM

Since 1968

301-588-8200



*The Power
of Touch*

It's beautifully simple...therapeutic massage can enable older adults to extend the vitality and quality of their lives.

It can increase relaxation, improve circulation, relieve pain, accelerate healing from injury and illness, strengthen the immune system, and improve sleep quality. Massage gives the natural pleasure of a reassuring human touch, lowering the risk of anxiety and increasing feelings of comfort. In addition, when performed by our trained licensed massage therapists, it can provide symptomatic relief from many common conditions that occur with age.

What's more, as the physical, mental and emotional benefits of therapeutic massage for older adults become more widely known, eldercare professionals, patients, and adult children of patients are recognizing it as an important complementary therapy to other treatment plans.

“The weekly massages that my mother receives have a real therapeutic effect on her—both mentally and physically. Not only does she look forward to her sessions with her therapist, but the massages help relax her head and neck muscles that are tight due to her Parkinson’s disease.”

—Mark K.
Washington, DC



*Massage
Techniques*

Swedish Massage

This is a classic massage technique that uses long, soothing strokes to relieve sore, tired muscles, reduce stress, encourage relaxation, and enhance circulation.

Gentle Touch Massage

The massage therapist will carefully place her hands, without movement, over the muscles and joints to provide comfort, stress-relief, positive energy, and human connection.

Deep Tissue Massage

This massage targets the deep layers of muscles and tendons and releases tension and chronic muscle pain through slow, deep, direct strokes and finger pressure.

Myofascial Release

This massage incorporates stretching techniques to relieve pain caused by tightness in the body. This very slow and deliberate work enables the fascia to completely relax.



*Specialty
Massages*

Massage for Arthritis

This massage combines various techniques to help decrease arthritis pain by stimulating blood flow, relaxing the muscles and joints, and enhancing range of motion.

Massage for Low Back Pain

Focused on reducing lower back pain, this massage is targeted to improve daily functioning, reduce reliance on pain medication, and increase range of motion.

Massage for Stroke Recovery

This massage can help stroke survivors who have a resulting disability or degree of impairment by helping to reduce pain, restore or improve nerve function, and stimulate blood flow to improve mobility.

*Studies on the effects of
massage for arthritis
symptoms showed that
regular massage led to
improvements in pain,
stiffness, range of motion,
hand grip strength, and
overall function of the joints.*

**Source: Arthritis Foundation
www.arthritis.org (2013)**

*Specialty
Massages*



Massage for Parkinson's Disease

By helping over-stressed muscles relax and improving range of motion, this massage can help alleviate pain, reduce rigidity and tremor, improve sleep, increase daily stamina, and reduce anxiety.

Massage for Diabetes

This light Swedish-type massage is tailored to reduce stress and improve circulation, and may have a positive effect on blood glucose levels and symptoms of diabetic neuropathy. People with either type 1 or type 2 diabetes can benefit.

Massage for Fibromyalgia

This massage helps relieve fibromyalgia pain by reducing tension in overactive muscles as well as reducing the mental stress caused by this pain.

The specific benefits of massage for people with Parkinson's disease may include reduction in rigidity and tremor, improvement in sleep, increase in daily stamina, reduction in anxiety, and increased feelings of relaxation.

Source: National
Parkinson Foundation
www.parkinson.org (2013)



*Specialty
Massages*

Oncology Massage

Massage for cancer survivors or those undergoing cancer treatment is a very gentle, yet powerful bodywork that helps reduce or alleviate the stress, pain, nausea, or neuropathy that sometimes accompany cancer and its treatments. It can also help increase mental clarity, often diminished by chemotherapy.

Massage for Dementia and Alzheimer's Disease

This tailored massage can bring great joy, peace, and comfort to these patients and may also help to alleviate fears and insecurities.

Massage for Hospice and Palliative Care

Depending on the client's comfort level, this massage may consist of gentle massage strokes or very light holding of feet, arms or hands. It also serves as a compassionate human presence as people reach the end of their lives.

Medical Massage

Performed under the direction of a prescribing health care provider, this results-oriented massage will focus mainly on the areas of the body related to the diagnosis and prescription.

Our massage therapists are skilled at working with numerous conditions, in addition to those listed here. Please contact our office for more information.

“Massage is a necessary component to my husband’s care...He sleeps better, it’s wonderful for pain relief and he really looks forward to it. Getting weekly therapeutic massages has made a significant difference in his quality of life.”

—Kara G., Silver Spring, MD

A close-up photograph of two hands being held together in a supportive grip. The hands are positioned in the lower half of the frame, with fingers interlaced. A white banner is overlaid across the middle of the image, containing the text "Our Licensed Massage Therapists" in a green, serif font.

*Our Licensed
Massage Therapists*

A selection process that is extremely thorough. The most critical component in making Family & Nursing Care the leader in therapeutic massage for older adults is our massage therapists. They are very, very good at what they do.

Each candidate must meet a notably high standard. To start, they must be Licensed Massage Therapists. Having this distinction allows them to practice in health care settings such as nursing homes, hospitals, and doctor's offices (unlike registered massage practitioners who can only practice in a private business, health club or spa). They must also pass a thorough personal interview and rigorous background check, be approved by our Vice President, and attend a comprehensive orientation.

Our therapists are:

- Specially trained and experienced in working with both healthy older adults and those with a medical condition.
- Knowledgeable about the effects of commonly-used medications and how to adjust their massage techniques accordingly.
- Skilled at how to best position their clients to feel supported and comfortable, including those with mobility limitations or who may be in a wheelchair or hospital bed.



*Tips for a
Better Massage*

Get ready to relax. Your massage therapist will arrive a few minutes before your scheduled appointment to set up. This is your time and you should delight in the experience to the fullest. If you want to talk, that's fine, but never feel obligated. Feedback is welcome—whether the pressure is too light or too heavy, if you would like the massage to focus on a different area, or if you would like the volume of the music adjusted—please notify your massage therapist of any discomforts or preferences.

Your 60 minute session includes time to talk with your massage therapist both before and after you receive your massage. The length of the actual massage will be based on what best serves your comfort level and needs.

Your personal privacy and comfort is of the utmost concern. Massages may be enjoyed with or without clothing. You may wear whatever is most comfortable for you. Modesty is respected at all times. During the massage, the body is fully draped except for the area being worked on. You may also be asked to turn over during the massage. Your massage therapist can assist you if needed.

A quiet space in your home will make your massage the most enjoyable. Please select a space approximately 6 by 9 feet to fit our massage table. We can also accommodate those who feel more comfortable in their bed, a hospital bed, a wheelchair, or their favorite chair.

We bring all the necessary equipment, including a massage table, a table warmer, fleece padding, soft sheets and blankets, organic lotions, and soothing music.

Payment and Reimbursement



Payment A credit card is required to reserve all appointments. We accept Visa, MasterCard and Discover. We also accept personal checks over the phone. Cash is not accepted for payment.

Gratuity is customary. If you tip, we recommend tipping the massage therapist directly after your session.

Cancellation You may cancel your appointment without charge any time before 5:00 pm on the business day preceding your appointment. Same-day cancellations will be charged 100% of the scheduled service price.

Lateness We regret that if an appointment begins late due to the client's late arrival/late readiness, the massage will still end on time as a courtesy to our other clients and to our massage therapists. Clients will be charged the full price.

Gift certificates Give the gift of wellness. Gift certificates are available for purchase online at familynursingcare.com or by calling 301-588-8200.

Health Insurance Reimbursement With a doctor's order, your health insurance company may reimburse for our therapeutic massages. We recommend calling your insurance company to ask about benefit eligibility for massage.

Family & Nursing Care does not participate with any insurance providers. We will give you a receipt that you can submit to your insurance company.

Qualified Medical Expense With a doctor's order for massage, your therapeutic massages with Family & Nursing Care may be a qualified medical expense for tax purposes. We encourage you to check with your tax advisor for further information.

Please visit familynursingcare.com for more information.

Care comes full circle.



Family & Nursing Care

962 Wayne Ave., Suite 500
Silver Spring, Maryland 20910

Maryland: 301.588.8200
DC: 202.628.5300

familynursingcare.com