

Better Pain Relief with Massage Therapy

Supplemental Patient & Caregiver Massage

Supplemental massage therapy is funded by the **Gritman Medical Center Foundation** in Latah County and the **Friends of Hospice** in Whitman County.

Massage therapy is offered to hospice patients and their family caregivers as a gentle form of physical touch. It has been proven to relieve pain, anxiety and general muscle tension.

Hospice patients often report massage therapy as a favorite activity.

Would you like supplemental massage therapy? Please tell any member of your Hospice Team or call the Hospice Office at **509-332-2236**.



Belinda Rhodes has been providing massage for hospice patients since 2011. She uses gentle massage and Bowenwork® techniques to address individual needs. Bowenwork® uses gentle rolling movements to encourage relaxation, it's especially beneficial for people who are uncomfortable with touch or massage.

Friends of Hospice

Dedicated to the quality of life

Massage Therapist Lila Nordin uses various methods to provide each patient customized massage therapy to fit their specific needs. Lila believes mind, body and spirit will benefit from receiving massage therapy. She has 20 years experience in many aspects of healthcare.