

# Monash Cystic Fibrosis Massage Program

# Why massage?

As many as **89% of people with Cystic Fibrosis (CF) experience musculoskeletal pain** which is associated with reduced quality of life and impaired ability to perform their required airway clearance treatments effectively. Massage therapy forms part of routine care throughout CF centres in the UK and has been found to improve muscle tightness, pain, thoracic mobility, ease of breathing, stress and quality of life.



# Our massage practitioner

## Tracy Shanal

Tracy has been with Monash Health for 6 years working in the Physiotherapy department as an Allied Health Assistant (AHA).

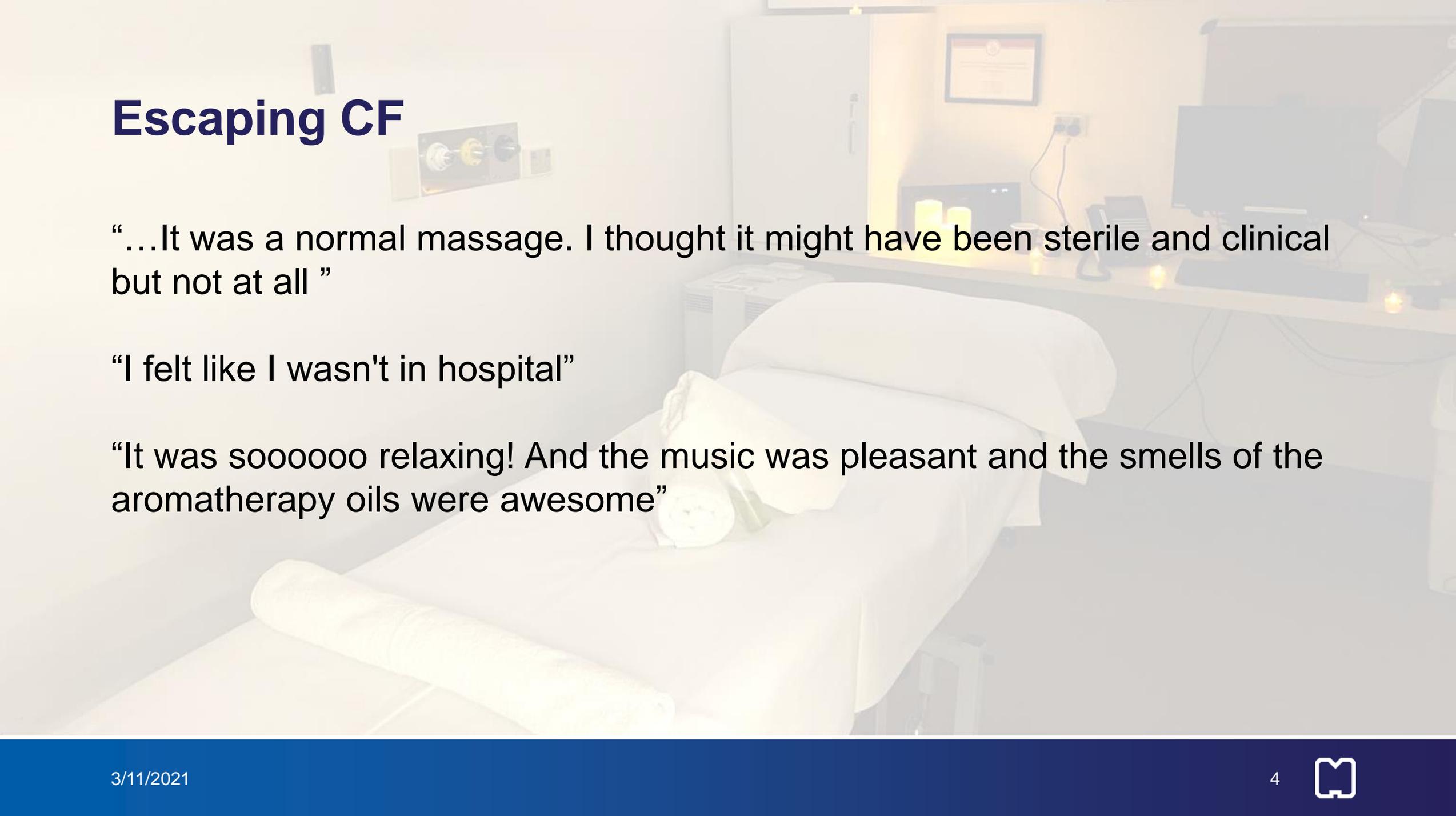
Tracy qualified as a massage practitioner through the London College of Massage in 1992. She has worked at the Hong Kong Institute of Sport, and managed a domiciliary business for many years.

Prior to the CF massage service commencing at Monash, Tracy worked (and continues to work) very closely with many of our CF patients in her role as AHA. In her new role, she provides remedial, therapeutic, and relaxation massage incorporating aromatherapy and stretching. She has a special talent for making our patients feel very comfortable which is clearly evident in the feedback we have received.

“Tracy is a delicate genius. She is amazing. She makes you feel like a person and not a patient. Tracy is extremely caring and her work is absolutely vital in the entire treatment process”



# Escaping CF



“...It was a normal massage. I thought it might have been sterile and clinical but not at all ”

“I felt like I wasn't in hospital”

“It was soooooo relaxing! And the music was pleasant and the smells of the aromatherapy oils were awesome”



# Consumer feedback

**100%** of patients agreed that the massage service was beneficial to their overall health and wellbeing.

**96%** of patients agreed that their pain was improved following massage.

“There is more to CF than just medicine. The massage service provides a holistic treatment to CF wherein the often gruelling times of a hospital stay can improve mental health”

This service helped me enormously...It [CF] can grind you down physically and mentally. This service fills the necessary gaps... to treat all symptoms.

