



Peter Mac

Peter MacCallum Cancer Centre
Victoria Australia

GUIDE FOR FINDING AN EXTERNAL ONCOLOGY MASSAGE THERAPIST IN THE COMMUNITY

Seeking Support in the Community

If you have benefited from oncology massage at Peter MacCallum, we encourage you to continue massage therapy in the community. However, it's important to carefully choose a therapist who is sensitive to your specific needs, whether you are in treatment or survivorship. To ensure a safe and therapeutic massage, we recommend selecting a therapist with both training and experience in Oncology Massage.

Pre-Session Consultation

Before your massage session, the therapist should ask about your cancer experience, including the treatments you have had or are currently undergoing (such as surgery, radiotherapy, chemotherapy, or immunotherapy), the medications you regularly take, and your current health status. The therapist will also want to understand your reasons for seeking massage therapy. This information helps in creating a tailored massage plan, including decisions about which areas of your body to focus on, the appropriate pressure to apply, and the session's duration. If the therapist does not inquire about these details, they may not be suitable for you.

Qualifications to Look For

We suggest checking the therapist's qualifications before booking an appointment. The therapist should hold a Diploma or Advanced Diploma of Remedial Massage, Myotherapy, or a Bachelor of Health Science (Massage), along with additional training and experience in working with people with cancer. Therapists with this specialized training often describe themselves as Oncology Massage Therapists. Additionally, evidence of membership in a relevant association indicates that the therapist is insured and adheres to professional Standards of Practice and a Code of Ethics.

Location Options

Massage therapists may offer services in various settings, including multi-disciplinary clinics, solo practices, or even mobile home visits.

Service Fees

Fees for massage therapy can vary based on several factors. Generally, home visits may attract higher fees. The current fee range is \$75.00-\$140.00 per hour. If you have private health insurance, and your therapist is registered with a professional association, you may be entitled to a rebate depending on your level of cover.

Finding a therapist

This website lists Oncology Massage Therapists only.

- [Find A Therapist | Oncology Massage Training](#)

This document was developed by Peter Mac Oncology Massage Therapist Ronna Moore, August 2024