



The Gladstone
Oncology Massage

**Compassionate Touch.
Individualized Care.**

gladstonemassage.com

Explore

at your own pace



CANCER.ORG

[https://www.cancer.org/
cancer/side-effects/
osteoporosis.html](https://www.cancer.org/cancer/side-effects/osteoporosis.html)



BONE HEALTH GUIDE
EUROPEAN SOCIETY FOR
MEDICAL ONCOLOGY

[https://dam.esmo.org/
image/upload/EN-
Bone-Health-in-Cancer-
Guide-for-Patients.pdf](https://dam.esmo.org/image/upload/EN-Bone-Health-in-Cancer-Guide-for-Patients.pdf)

For information and conversation.
Your healthcare team evaluates
medical concerns.

Massage and your Bone Health

Cancer history is not the whole picture

Some cancers and treatments can weaken bones. Certain hormone treatments, chemotherapy, long-term steroid use and radiation can affect bone strength. This does not happen with every treatment or to every person. Bone loss may occur without obvious symptoms.

Why pressure and positioning matter

Osteoporosis, lower bone density (osteopenia), previous fractures or cancer involving bone may call for changes to massage. Pressure, stretching and positioning can place force on vulnerable areas. The concern is injury, including fracture, when bone strength is compromised. How much adaptation is needed depends on your individual condition; bone metastases and osteoporosis are different conditions.

How we approach it at The Gladstone

Katie may use gentler pressure, support your position differently or avoid certain areas and techniques. The Gladstone does not routinely require every oncology client to obtain a bone-density scan. If there is a meaningful concern about bone strength, Katie may need more medical information before considering firmer work. Her pressure limits are her practice choices, not universal medical safety thresholds.

A helpful conversation to have

You might ask your healthcare team: "Does my condition or treatment affect bone strength? Are there areas, pressure or movements my massage therapist should avoid?" Existing medical recommendations or records may be enough; your healthcare team determines whether testing is indicated. Medical information helps Katie plan, but cannot guarantee a particular pressure or eliminate risk.

Share changes with us

Tell Katie about known bone concerns, fractures and new pain. New or unexplained bone pain, or pain after an injury, deserves medical advice before massage to that area. You do not need to diagnose it yourself.

**Your preferences matter. You can ask questions,
request a change or stop the massage at any time.**