



About Us:

Shine Therapy is a non-profit organization, supported by donations, dedicated to providing massage therapy, utilizing the knowledgeable and skilled touch of trained therapists.

Trained therapists, experienced with body structure, cancer related precautions and concerns, and integrate the therapeutic techniques collaborate with the client to achieve an individual outcome. A detailed medical history is taken into consideration to create a safe and effective individualized treatment plan.

Contact Us:

**P.O. Box 12325
Ft. Worth, TX 76110
www.shinetherapy.org**

817-372-8998

Massages provided at

**Texas Oncology
1450 8th Ave.
Ft. Worth, TX 76104**

Mission:

Shine Therapy provides oncology massage and/or lymph edema therapy to cancer patients/survivors, primarily those who are uninsured or underinsured, or low income in Tarrant and surrounding counties.



Vision:

Partnering with wellness focused organizations in Tarrant County to provide complementary means of support for cancer patients, through therapy, education, and research.

Shine Therapy

Massage and Bodywork For Individuals Living With Cancer



Shine Therapy is a non-profit organization dedicated to providing Oncology Massage and Manual Lymphatic Drainage to assist and support the recovery and well-being of cancer patients and survivors.

Shine Therapy

A Soothing Touch When It's Needed Most

Going through cancer treatment can be a frightening and lonely experience. The trained professionals at Shine Therapy help ease the physical and emotional pain through massage therapy for cancer patients and their caregivers.

Massage For Cancer Patients And Their Caregivers*

Throughout the diagnosis, treatment and recovery of cancer, the nurturing touch of massage allows the body to relax; release stress, anxiety, tensions, and stiffness; improves sleep and increases mobility and energy which helps improve patient's health and well-being.

* The first two sessions are free of charge, after which there is a sliding fee scale for donations. A release from your oncologist is required prior to treatment. Caregivers receive one free massage.



Services

- ***Oncology Massage Therapy:*** The adaptation of massage to safely nurture body, mind and spirit of anyone who is dealing with cancer.
- ***Manual Lymphatic Drainage and Complete Decongestive Therapy:*** For management and treatment of lymph edema condition with the accumulation of lymphatic fluid in the interstitial tissue that causes swelling, often as a side-effect to cancer treatment when lymph vessels are damaged or lymph nodes removed.
- ***Caregiver Massage:*** Cancer affects the family as well as the patient. Shine Therapy offers a relaxation massage for these important caregivers.

Physiological Benefits

- Reduced muscle spasms and cramping
- Release of endorphins - *the body's natural pain killer*
- Decreased incidence of post-surgical adhesions and reduction and softening of scar tissue
- Decreased edema
- Maintained or improved range of motion
- Less nausea
- Reduced constipation
- Improved body self-image
- Decreased anxiety

