Mission:
The University Orthopaedic Center Massage Services is committed to providing progressive therapeutic body work that promotes and supports optimal health and wellbeing for the employees of The University of Utah Hospitals and Clinics; and to advocate for the inclusion of massage and body work as a viable element in a sustainable healthcare system through education and community outreach.

Purpose:
The chair massage program designed to enhance employee work wellness. Support your staff with an energizing chair massage to reduce their daily stress and enhance their performance.

Benefits of massage include:
- Stress reduction
- Improves concentration and clarity
- Increases joint flexibility and movement
- Alleviates muscle pain and tension
- Helps prevent repetitive injury and strain
- Improves circulation of blood and lymph
- Pumps oxygen and nutrients into tissues and vital organs
- Improve the condition of the body’s largest organ the skin
- Strengthens the immune system
- Helps relieve tension headaches and eye strain

FAQ “Spoil your Staff” Chair massage session

How do I create a Location in your unit?
A. Find a quiet 6’ by 8’ space where the massage chair and practitioner can easily fit.
B. Make a space for the employees to put their personal items.

How do I organize the staff?
A. Create your own registration sheet or contact: anthony.jongejan@hsc.utah.edu or call (801) 587-7090.

What are the costs, methods of payment, number of employees I can plan for?
A. Chair massage is paid by Campus Order made out to the University Orthopedic Center
B. Cost is $60 per hour per practitioner
C. Only 3 hour blocks of time are available (Each therapist performs 10 massages in a 3 hour period)

Note: This is a NO Tipping Institution