

Crouse Hospital offers stress treatment - Reiki therapy
By: Andy Mattison March 10, 2010

It's a great way to reduce stress and it's being offered for free at Crouse Hospital. Reiki therapy promotes healing by applying treatment to various parts of the body. Our Andy Mattison has more on how it works.

SYRACUSE, N.Y. -- It's a great way to reduce stress and it's being offered for free at Crouse Hospital. Reiki therapy promotes healing by applying treatment to areas around a person's head, shoulders, stomach, legs and feet. One session normally lasts about 20 minutes and sometimes patients can feel so relaxed they fall asleep. Reiki therapy is a popular form of treatment on maternity patients and the staff at Crouse hospital says it's a technique that has many uses.

"Reiki we found helps a lot with pain control, decreases stress and helps with their relaxation, helps them sleep better all of which makes for a more relaxed happier patient who may be able to heal faster," said Reiki therapy program coordinator Joyce Appel.