



Medical Massage Therapy / Sonja Suppiger



THERAPIST



I grew up in Reussbühl / Luzern. My initial professional training as Certified Children's Nurse was completed in 1985, followed by 10 years of hands-on clinical experience working in the maternity wards of four different hospitals.

In 1995, I became interested in medical treatment methods, switched my career focus, and began training in that field. Since my professional certification in 2000, I have owned and operated my business under the name "Medical Massage Therapy – Sonja Suppiger".

My certification as Registered Massage Therapist FA satisfies the formal requirements of BBT (Swiss federal Bundesamt für Berufsbildung und Technologie), as well as the professional requirements of the SRK (Swiss Red Cross). Most Health Insurance companies recognize my treatments as Paramedical Services under Extended Benefits.

Professional Training / Certification / Registration

- Registration as Medical Massage Therapist FA (Eidg. Fachausweis Bundesamt für Berufsbildung und Technologie BBT), Bern
- Integrative CranioSacral Therapy Courses at UBH Seminare & Institut für Integrative Cranio-Sacral Therapie Claus Heitmann, Biel
- Course Completion Acupuncture Massage by Penzel, Heyen (Germany)
- Course Completion as Manual Lymphatic Drainage and Oedema Therapist Asdonk, at Lehrinstitut Oedemtherapie, Hannover (Germany)
- FA Swiss Certification as Medical Massage Therapist FA (Fähigkeitsausweis), plus Diploma Medical Massage Therapist SVBM
- Diploma Medical Massage Therapist VDMS (Verband Diplomierter Masseur der Schweiz), Aarau
- Certification as IBCLC International Board Certified Lactation Consultant
- FA Swiss Certification as Children's Nurse FA at Klinik St. Anna, Luzern

Medical Massage Therapy Sonja Suppiger

Registered Massage
Therapist Swiss Eidg. dipl.
med. Masseurin FA

Chamerstrasse 132
6300 Zug
Phone 079 261 42 44

Monday – Thursday:
7 am – 6 pm

Friday:
7 am – 12 pm

We request 24-hours notice if an appointment is cancelled, so that billing may be avoided.

Please do not hesitate to contact me, if you or any family member requires an assessment or treatment. I would love to help you!

Book an Appointment online



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I regularly attend Continuous Education classes to stay up-to-date professionally. These courses are also required for the records of EMR (Erfahrungs-Medizinische Register EMR) und ASCA. EMR and ASCA are both independent Swiss institutions. They monitor education and award Quality Labels for Continuous and Extended Education to Therapists practising in the “Complementary Medicine” and “Alternative Medicine” fields.



Continuous Education

Ortho-Bionomy / NRT: inner organs, metabolism, musculoskeletal system

Ortho-Bionomy: Susanne Seidel of European Association of Teachers

Immune system for mind & soul: De. sc. med. Urs Gubser

Ortho Bionomy / NRT: peripheral nervous system

Ortho-Bionomy: Christa Hegele-Mack of European Association of Teachers

Allergies and Intolerances: Dr. Simon Feldhaus, med. GP & Dipl. Alternative Medicine

Diabetes, Dementia and Lipid Metabolism: Dr. Volker Schmiedel

Live healthy with good nutrition: Dr. Simon Feldhaus, med. GP & Dipl. Alternative Medicine

Foot Reflexology: Pater Josef Eugster Grund-und Aufbaukur, Urs Eisenring med. Massage Therapist
EFA, Mägi Seitz Reflexologist

Functional Nerve Mobilisation for Massage Therapists: Modules 1 & 2 by Sierd Heijers, Physiotherapist, MT, Osteopath, CRAFTA-Therapist

The pelvic area with a parietal, visceral, and myofascial view: Modules 1 to 4 by Sierd Heijers, Physiotherapist, MT, Osteopath, CRAFTA-Therapist

Craniofacial Therapy (CFT) for Massage Therapists: Modules 1 to 4 by Sierd Heijers, Physiotherapist, MT, Osteopath, CRAFTA-Therapist

Manual Lymphatic Drainage in an Outpatient Clinic: Prof. Dr. med. E. Stickeler, Universitätsklinikum Freiburg (Germany) Gynecology and the female breast (diagnosis, treatment)

Manual Lymphatic Drainage in an Outpatient Clinic: Prof. Dr. Jörg Wilting, Universitätsmedizin

Göttingen (Germany) Anatomy – Lymphatic system and its functions
Emma Kunz and Healing in force field of AION A

Osteopathic treatment of infants & children: Modules 1 to 10 by Norbert Neumann, Osteopath D.O.M.R.O

Myofascial Release - UBH Courses: Herbert Battisti, Biel

Lymphatic Conference - The Swollen Leg: Peter Volk, Winden (Germany)

Complete CranioSacral Therapy - UBH Courses: Claus Heitmann, Biel

Medical Massage – Maintenance to avoid Escalation: Michael Oexle, Schlieren

Medical Massage – Key Areas: Michael Oexle, Schlieren

Embryology: Oexle's Gesundheitsfachschule, Michael Oexle, Schlieren

Lymphatic Conference - The Swollen Arm: Peter Volk, Winden (Germany)

Ear Reflexology: Michael Oexle, Schlieren

Cranial Reflexology: Michael Oexle, Schlieren

Foot Reflexology – scar tissue interference: Oexle's Gesundheitsfachschule, Michael Oexle, Schlieren

Hot Stone Massage: Simon Keller AG

Foot Reflexology with meridian view: Ingeborg Steiner, Biel

Training for Acupuncture Massage by Penzel in Heyen (Germany)

Lymphatic Drainage Therapist & Oedema Therapist: Training at Lehrinstitut für Lymphdrainage & physikalische Ödemtherapie der Feldbergklinik, Asdonk Schule in Hannover (Germany)

Dorn and Breuss Method: Josef G. Müller

Acupuncture, Energy efficient/Static treatments ESB/APM: Module 1 by Lehrinstitut Radloff

Baby Massage course: Julia Woodfield

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