



insider

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Neighbor

Darcy Lynch – Stagehands Massage Therapy

Location: Riverside, Rhode Island

My friend George Hawkins, Jr. the bass player from John Fogerty suggested I do massage therapy for on-tour musicians. Rockers lead hard lives. They are pretty much train wrecks. They suffer from back problems, tendonitis, and overuse injuries.

June 2006 I launched **Stagehands Massage**. Now I'm on the road a couple of times a month, thanks to word of mouth from band members and tour managers. Some of my clients include Lynyrd Skynyrd, Rascal Flatts, Michael McDonald, Neil Young and Bonnie Raitt. You never know when you're going to get a lead. It's all networking. Through a bus driver friend of mine, I ended up massaging Tom DeLonge from Angels & Airwaves at the Avalon in Boston. That turned out to be a good match. Tom even asked me to go on tour with him, but I couldn't because I have a ten-year old daughter, but I massage him when he comes to the New England area.

All the jobs are different. Sometimes I just take my chair to the venue and charge one dollar a minute. Other times the tour ends up picking up the cost of the band members. Then, if there's still time, I'll set up a chair or my table because there are always opening acts and sound crew wandering around.

Just like their music, the musicians are all different. Some travel with a whole entourage, like Dave Matthews, while someone like Neil Young likes his privacy. For the most part, main band members tend to keep to themselves. They're not out walking around too much.

I've had one creepy rock star story, but overall it's a fantastic experience. I just did a gig with Brian Setzer and the band for their Christmas Extravaganza, and went to the Country Music Festival in Nashville to network. My daughter likes it too. I've heard her tell her friends: "My mom likes to rock!". And she's right.

