



A POWERFUL COMBINATION

How MASSAGE THERAPY Can Maximize Your REHABILITATION

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A large percentage of individuals that utilize the healthcare system are people going through some sort of rehabilitation.

That rehabilitation may be associated with:

- recuperation from surgery
- healing from an accident
- dealing with a congenital condition
- recovering from an athletic injury



One method that is extremely effective in enhancing rehabilitation is therapeutic massage.

The benefits of massage are numerous and have effects on every system of the body. Combining this modality with physical therapy allows the entire body to be incorporated into the treatment.

So where does massage therapy fit into the rehab setting?

The easy answer is everywhere.

The more challenging question is what type of massage should be done during the various phases of rehabilitation.



THE GOOD NEWS:

Massage can be applied at any time throughout the rehabilitation process.

Depending on what the patient is being seen for, the massage treatment can be adjusted to meet their needs.

So now that we are ready to incorporate massage therapy into our rehabs,

How do we find the right therapist?



The most important thing to look for when choosing a massage therapist to help in your recovery is to make sure they are knowledgeable about your condition.

Each situation is different and there may be modifications that need to be done or contraindications that may need to be considered to ensure the best outcome.

So what is the role of massage therapy after the rehabilitation is completed?

Many times, underlying dysfunction in the muscles and connective tissues of the body such as restrictions in motion, improper posture, and old injuries has contributed to breakdown of the system. Massage can continue to correct the imbalances in the soft tissues of the body and prevent them from returning.



Receiving regular massage will help keep your body functioning optimally, increase the effectiveness of your rehab, and improve the overall quality of your life.