

Why Use Massage Therapy?



Massage therapy is one of the most natural and instinctive means of relieving pain and discomfort.

From a systemic perspective, the effects of massage therapy fall in to one of three categories:

Physical

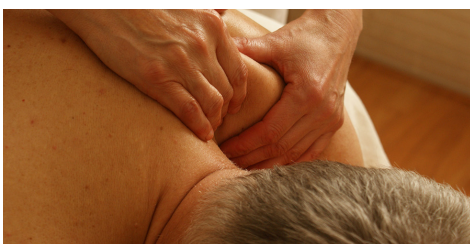
Psychological

Emotional



Massage therapy should not be something that is only done once in a while to indulge yourself. Massage should be thought of as **preventative medicine** – think of changing the oil in your car or brushing your teeth. You make a small investment to prevent a larger cost in the future.

Why should I go?



Massage is utilized by people for many different reasons. One common reason is relief from chronic pain. Pain is a fact of life and existing without experiencing some type of pain is something few of us can relate to.

There are two basic forms of physical pain:

Acute pain

Acute pain is immediate, usually of a short duration and for the most part, results from disease, inflammation, or injury to the tissues.

Chronic pain

Chronic pain is continuous pain that persists beyond the time of normal healing. It ranges from mild to severe and can last weeks, months, and years, to a lifetime.

Another reason people seek out massage is to reduce stress and to help them relax.



Stress is simply the body's non-specific response to any demand made on it. It is a state of arousal that triggers physiologic, psychological and biochemical changes. It is conventional wisdom that stress is always negative, however, stress in certain forms is normal and essential.

Eustress

Sometimes called positive stress, challenges us, compels us to action, and can provide the means to express our talents.

Distress

Also referred to as negative stress, can have a detrimental effect on us particularly if it is prolonged.

While there is no optimal level, stress will effect each person differently so it is important to learn how to manage it.

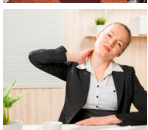
Massage impacts all the systems of the body and can:

- relieve muscle tension
- lower blood pressure
- improve digestion
- reduce anxiety
- help move metabolic waste from the tissues in the lymphatic system, keeping it working properly



Often overlooked, the psychological benefits of massage can be just as beneficial as the physical effects. It has been well documented that touch is an essential human need and its deprivation can lead to depression or anxiety. Massage can help fill this void as well as improve mental functioning, enhancing sleep, and boosting an overall sense of well-being.

No matter whether we are trying to stay fit, participate in sports, or working around the house, being able to train, exercise or be active is vital to accomplish our goals.



A sore muscle is a sore muscle regardless of what caused it.

Massage is a powerful tool that can benefit a wide variety of ailments and should be looked on as the first stop in treating musculoskeletal conditions.

How To Find A Therapist

1. Make sure they are licensed.
2. Match your needs to the therapy.
3. Be an informed consumer.
4. Keep an open line of communication with the therapist.