

BENEFITS OF THERAPEUTIC MASSAGE FOR CHRONIC PAIN

Chronic pain is experienced on both a physiological and emotional level. As Therapeutic Massage simultaneously influences the mind and body, it is an effective pain reliever.

Therapeutic Massage:

- ❖ **Manages chronic pain** either as symptomatic relief or with the focus on rehabilitation.
- ❖ **Eases muscle tightness.** Muscles contract around a painful site to protect the area. If the pain persists, muscles can become habitually tight and may press on nerves causing tingling, numbness, or more pain. Therapeutic Massage helps relieve strain on joints by lengthening and shortening muscles, tendons and ligaments.
- ❖ **Improves blood and lymphatic flow** to increase the flow of oxygen-rich blood and to remove metabolic waste products that accumulate as a result of reduced circulation in tight muscles. The build-up of waste products can lead to feeling fatigued and sore. It can also irritate nerve endings leading to tenderness.
- ❖ **Increases the levels of endorphins** which are the body's own pain killers. This increases relaxation, reduces stress and anxiety and improves sleeping patterns.
- ❖ **As palliative care** emphasises nurturing, improving comfort levels and reducing the intensity of pain symptoms. e.g. increasing the mobility of bedridden patients or providing relief from arthritic pain.
- ❖ **As a component of a pain management strategy.** Although Therapeutic Massage may in some cases reduce the need for pain medication, it is most effective as a component of a pain management strategy and used in conjunction with medication etc.

For optimum results it is recommended that therapeutic massage form a regular part of ones health maintenance programme.

Please note that it is a legal requirement for Therapeutic Massage Therapists to be registered with the Allied Health Professions' Council of South Africa.



Massage Therapy Association – SA
PO Box 53320 Kenilworth 7745
Tel: 076 549 7753
info@mtasa.co.za
www.mtasa.co.za

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