

BENEFITS OF THERAPEUTIC MASSAGE FOR CHILDREN

Therapeutic Massage therapy plays an important role in developing young people into well-adjusted physically, emotionally and socially mature individuals

Benefits to physical development

- ❖ Promotes the development of sound posture by fostering body awareness which will limit incorrect stress and strain on the developing skeletal and muscular systems
- ❖ Promotes integration of the nervous system to develop good kinaesthetic sense and co-ordination
- ❖ Promotes physical growth as therapeutic massage stimulates the production of food absorption hormones such as gastrin and insulin
- ❖ Promotes brain growth through touch stimulation

Benefits to emotional development

- ❖ Promotes sound perceptual feedback from nerve endings in the skin and encourages the development of a positive, realistic and well-defined body image
- ❖ Stimulates the release of endorphins which promotes sleep and general feeling of well being
- ❖ Reduced incidences of psychosomatic illnesses such as headaches and stomach aches

Benefits to immune function

- ❖ Promotes the development of strong immunity through alterations in the sympathetic nervous system to reduce the negative effects of stress on the developing child

Many other child related problems such as hyperactivity and behavioural and developmental problems will benefit from regular Therapeutic Massage Treatment. 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
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