

## BENEFITS OF THERAPEUTIC MASSAGE FOR HEALTH MANAGEMENT

### ❖ HEALTH MAINTENANCE

Improves tissue health and wellness by assisting with the alleviation of muscle tension build-up that occurs with overuse and also improves circulatory, lymphatic and neurological functioning.

### ❖ STRESS MANAGEMENT

Relieves associated neuro-muscular or musculo-skeletal tension and discomfort as well as encouraging general relaxation.

### ❖ CHRONIC PAIN

Breaks the "pain - spasm" cycle whilst reducing associated muscle tightness.

### ❖ POST-OPERATIVE CARE

Reduces recovery period and speeds up elimination of anaesthetic, as well as reducing pain and stiffness associated with bed-rest.

### ❖ CARE OF THE DISABLED

Provides emotional support and assists in the maintenance of general tissue health.

### ❖ EMOTIONAL OR PSYCHOLOGICAL DISORDERS

Releases endorphins that help to uplift and reduce depression.

### ❖ TERMINAL ILLNESS

Reduces pain and discomfort associated with long term bed-rest and provides comfort and support which in turn reduces the effects of emotional stress for the patient as well as the family.

### ❖ SPORT PARTICIPATION

Promotes greater athletic performance and endurance, reduces the likelihood of injury and accelerates recovery time, thereby extending the overall life of ones athletic career.

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.



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