

MASSAGE THERAPY FOR PAIN MANAGEMENT

WHAT YOU SHOULD KNOW

MASSAGE THERAPY is a type of treatment during which the soft tissues of your body are manipulated to help to ease muscle and joint pain. Massage therapy:

- Is performed by a trained, licensed medical professional
- Can be deep tissue or light touch
- Uses stretching techniques and pressure on different parts of your body
- Reduces inflammation at the point of pain

Research studies have found that massage therapy can be effective for those suffering from chronic lower-back pain, osteoarthritis knee pain, and fibromyalgia.

Source: National Institutes of Health

UNDERSTANDING MASSAGE THERAPY AND WHAT IT CAN DO FOR YOU

There are several ways massage therapy can help relieve your chronic pain. It may help you relax so that you can sleep better. It may provide stimulation to tissue to help it heal. Through hands-on manipulation of tissue, massage therapy may release a pain-control chemical that occurs naturally in your body. Both on its own and in combination with other therapies, massage may be effective in treating your chronic or acute pain.

Benefits

- Directly affects the source of your pain
- Could resolve pain in a few sessions, depending on your level of pain
- You determine your own level of comfort by communicating with the therapist about the pressure being applied
- May help you sleep better
- Relaxes you, helping you better cope with your pain

Keys to Success

- Set realistic goals for your pain relief
- Realize that it may take time to relieve your pain
- Communicate with your massage therapist about the location of your pain
- Be aware that some soreness may result during the process of your massage therapy
- Combine with other therapies for best results

HOW TO FIND A LICENSED MASSAGE THERAPIST

There are many different types of massage centers and therapies. To be sure massage therapy can help your chronic pain, you should:

- Look for a licensed massage therapist by visiting the American Massage Therapy Association's website at amtamassage.org, or the National Certification Board for Therapeutic Massage's website at ncbtmb.org.
- Be sure your therapist is trained in pain management therapy.

Talk with your health care provider to be sure this type of therapy is right for you. For more information, visit HelpIsHereDE.com.

