



## MARK'S TIP OF THE WEEK

### Is Massage Therapy Right for You?

Massage is a term we use when we rub and manipulate the skin, muscles, tendons and /or ligaments to improve health. There are quite a few different styles of massage therapy:

- Swedish massages tend to be lighter in touch and pressure and may help relax you and energize you.
- Deep tissue massage generally uses more pressure and targets deeper layers of muscle. This can be slightly painful depending on the therapist pressure and your pain tolerance.
- Trigger Point massage may focus on just the muscles that are tighter and could be affecting your motion from an injury or over use.





The use of massage as a treatment is on the rise. Some studies show that massage can be an effective treatment for muscle tension, stress and pain. Some studies suggest that massage may be helpful for\*:

- Headaches
- Anxiety
- Stress related insomnia
- Digestive disorders
- Fibromyalgia
- Myofascial pain syndrome

Massage could be contraindicated for certain conditions like people that have blood disorders or are taking blood thinners, people with burns or wounds that have not healed, people with fractures and people with deep vein thrombosis to name a few. It is always best to check with your doctor and licensed professional massage therapist. Ask your massage therapists about certifications, insurance and if they are nationally licensed.

\* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3258000/>

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