

The Benefits of Massage Therapy

Contributed by Amaal

As stated by the Ont. Massage Therapy Association (OMTA), Massage therapy is a comprehensive intervention involving a range of techniques to manipulate the soft tissues and joints of the body. The purpose of massage therapy is to prevent, develop, maintain, rehabilitate or augment physical function or relieve pain¹ (Massage Therapy Act, 1991). It is a clinically-oriented health option that achieves undeniable results in the relief of an array of discomforts stemming from stress, muscular overuse and many chronic pain syndromes.

There are tremendous benefits to be achieved through regular massage therapy treatments from a Registered Massage Therapist. Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being as well as your quality of life.

Massage therapy benefits people of all ages. While it benefits the injured, the ill and the stressed, the strength of massage therapy in preventing illness and conditions before they develop cannot be overlooked. Massage therapy can be used in the treatment of both acute and chronic stages of conditions.

The following is a list of conditions for which massage therapy, when provided by a Registered Massage Therapist, can prove beneficial:

- Anxiety and depression
- Asthma and Emphysema
- Back, leg, and neck pain
- Cancer
- Carpal tunnel syndrome (repetitive strain)
- Chronic Fatigue syndrome
- Chronic Pelvic Pain
- Dislocations
- Fibromyalgia
- Fractures and edema
- Gastrointestinal disorders
- Headaches
- Inflammatory conditions such as arthritis and bursitis
- Insomnia
- Kyphosis and Scoliosis
- Multiple sclerosis
- Parkinson's disease
- Muscle tension and spasm
- Palliative care
- Post-surgical rehabilitation
- Pregnancy and labour support
- Sports injuries
- Strains and sprains
- Stress and stress related conditions
- Stroke
- Tendinitis
- Whiplash

To find out whether massage therapy might help you, contact a Registered Massage Therapist near you or, email us and Amaal will get back to you.