



# Massage Therapy

4<sup>th</sup> Quarter 2023

Be Well Program

# Massage Therapy

- ▶ Rather than a luxury. Massage therapy is part of healing.
- ▶ Massage therapists use their fingers, hands, forearms and elbows to manipulate the muscles and other soft tissues of the body. Variations in focus and technique lead to different types of massage.
- ▶ Massage can relieve the tension and pain in different muscles

# Massage Therapy can help to support mental health too

- ▶ According to the [American Massage Therapy Association](#), massage therapy can help to:
  - ▶ Relieve stress
  - ▶ Reduce levels of anxiety
  - ▶ Can be used in combination with other therapies to manage depression



- ▶ If you're considering massage therapy for a specific medical condition, talk with your health care provider. Never use massage to replace your regular medical care or as a reason to postpone seeing a health care professional.

# Getting a Safe Massage from NIH

- ▶ “If you have a medical condition, ask your health care provider if massage therapy is right for you.
- ▶ Before beginning massage therapy, ask about the therapist’s training, experience and credentials. Also ask about the number of treatments that might be needed, the cost and insurance coverage.
- ▶ Massage should not hurt. If you feel pain, tell your therapist.
- ▶ Tell your health care providers about all complementary and alternative practices you use, including massage.”

# Safety

▶ According to the National Institutes of Health :

“The risk of harmful effects from massage therapy appears to be low. However, there have been rare reports of serious side effects, such as blood clot, nerve injury, or bone fracture. Some of the reported cases have involved vigorous types of massage, such as deep tissue massage, or patients who might be at increased risk of injury.”

# Self-Massage with a foam roller or tennis ball

Sometimes you need some stress or pain relief and can't access a massage therapist. There are some things you can do to for your self using a foam roller or a tennis ball.

- ▶ Using a foam roller (which can be found at most big box stores or on-line) on a floor roll your affected body part over the roller. For more exercises go to: [foam exercises](#)
- ▶ A tennis ball provides more pinpointed pressure in a small area, such as the bottom of the foot or between the shoulder blades. Also using the floor roll the affected body part over the ball with firm but not painful pressure.

# Importance of Hydration Pre and Post Massage

According to Licensed Massage Therapist [Amy Grutzmacher](#),

- ▶ it is important to be well hydrated before a massage because that help muscles to be more supple and easier to work with.
- ▶ Post Massage it is important to drink water to replenish any water lost through the manipulation of the muscles and to help the body eliminate waste materiel produced by the massage.



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Survey



# Resources

- ▶ [NIH News in Health, July 2012](#)
- ▶ [NIH, \*Massage Therapy for Health: What the Science Says\*, December 2018](#)
- ▶ Healthline, [\*How to Relief Stress and Pain with Self Massage Techniques\*](#), June 20, 2023