

Many Benefits and Uses.. cont'd

### Special Cases:

Therapeutic massage can help in certain temporary or long-term situations which cause unique physical and mental challenges.

- ♦ For mothers-to-be during pregnancy
- ♦ For infants, especially premature and other developmentally challenged babies
- ♦ For the disabled, especially those in wheelchairs and others with challenging orthopedic conditions
- ♦ For the elderly

### Complements Other Health Care:

Therapeutic massage is frequently used to enhance the beneficial effects of other types of health care.

- ♦ Physical and Occupational Therapy
- ♦ Chiropractic
- ♦ Psychotherapy

### Especially Beneficial For...

**Care-givers** - for those who care for others, for example: mothers and fathers, teachers, recreation leaders, daycare workers, nurses, and health care workers of all kinds.

**Physical workers** - for those who stress their bodies in their work or trade, for example: construction workers, domestic and custodial personnel, truck drivers, postal workers, plumbers, electricians, painters, professional athletes, dancers, and musicians.

**Desk workers** - for those whose work involves long hours sitting at a desk using a computer, or talking on the telephone; or at a bench assembling parts, fixing things, or creating works of art.

**Travelers** - for those spending long hours sitting in an automobile, train or airplane, for example: commuters, sales people, business travelers, and vacationers.

### Additional Information:

#### Online:

International Journal of Therapeutic Massage & Bodywork  
<http://www.ijtmb.org>  
Massage Magazine  
<http://www.massagemag.com/>  
Massage & Body work  
<http://www.massageandbodywork.com/>  
Massage Today  
<http://www.massagetoday.com/>

#### In the Library or Bookstore:

Benjamin, Patricia J. PhD. Tappan's Handbook of Healing Massage Techniques (5th ed). Prentice-Hall, 2009.

This brochure is intended for information only. Contact your physician for diagnosis of medical conditions, and for advice on whether massage might be beneficial for you.

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## Benefits of MASSAGE

*Enhances general health*



**THERAPEUTIC  
MASSAGE**  
*For a Healthier Life*

## Benefits of Massage

Therapeutic massage is an age-old remedy and health practice. It is found in all major civilizations past and present. From the ancient Greek gymnasias and Roman baths to modern day spas and health clubs, massage has been recognized for its health enhancing effects. The healing systems of many cultures, including our own, use hands-on therapy to soothe aches and pains and facilitate the body's own healing powers.

From infancy to old age, massage has been found to enhance general health and well-being. Therapeutic massage has many applications and variations. Because it is used for health promotion as well as for its curative aspect, it can truthfully be said "if you have a body, you can benefit from therapeutic massage."

### Proven Effective

Many of the therapeutic effects of massage recognized by personal and clinical experience over the years have been supported by scientific research. In addition to the commonly known benefits of relaxation and relief for muscle tension, many applications for therapeutic massage are now documented in areas related to mental and emotional well-being, infant care, aging, pregnancy, and other special situations.

### Many Benefits and Uses

#### Enhances General Health:

Therapeutic massage can be an important component of your health maintenance or wellness plan. It helps keep the body and mind functioning optimally.

- ♦ Promotes well-nourished and healthy skin
- ♦ Relaxes tense muscles and improves joint mobility
- ♦ Improves joint mobility
- ♦ Encourages general relaxation
- ♦ Enhances good sleep

#### Alleviates Problem Conditions:

Therapeutic massage can help relieve certain common physical problems, and help bring the body back to optimal functioning.

- ♦ General muscular tension and aches
- ♦ Tension headaches
- ♦ Muscular back pain
- ♦ Poor lymphatic circulation
- ♦ Stress, depression, and anxiety
- ♦ Chronic conditions such as fibromyalgia

#### Support Your Fitness or Sports Program:

Therapeutic massage can be an important adjunct to fitness or sports programs, helping you achieve your performance goals with minimum injury and pain.

- ♦ Relieves tired and sore muscles
- ♦ Helps improve flexibility
- ♦ Relaxes taut muscles
- ♦ Speeds recovery from strenuous physical exertion
- ♦ Reduces the anxiety of athletic competition

#### Combats the Negative Effects of Aging:

Therapeutic massage is effective in combating the negative effects of aging noticed in the middle to late years of life. It helps keep body tissues and basic functions in a more youthful state.

- ♦ Enhances tissue elasticity and joint flexibility
- ♦ Promotes healthy vibrant skin
- ♦ Relieves muscle aches and stiffness

#### Relieves the Effects of Stress:

Therapeutic massage helps balance the effects of stress in our lives, and avoid stress related disease and dysfunction.

- ♦ Triggers the Relaxation Response
- ♦ Relaxes tense muscles
- ♦ Reduces anxiety level
- ♦ Restores a calm mind and feeling of well-being



## Which Approach is Best for You?

There are several popular approaches or styles of therapeutic massage. Each one has its own unique character, focus, techniques, and theoretical base. Some are more effective for certain goals than others. How do you know which one is best for you?

Classic European massage is very versatile and forms the basis of many other approaches. Swedish and Russian styles are most common and contain the familiar long strokes, kneading, vibration, friction, and percussion techniques. It can be applied effectively for general relaxation, general health enhancement, sports massage, injury recovery and rehabilitation, and many other purposes.

Massage and bodywork forms of Asian origin include amma, acupressure, and shiatsu. In acupressure and shiatsu the characteristic technique is finger and palmar pressure on individual points. These are also used effectively for relaxation, general health enhancement, and remedial work.

In addition to the basic approaches described above, other forms of therapeutic massage and body therapies are available. Most experienced massage therapists use an eclectic approach and combine different forms of therapeutic massage in their sessions. Ask your massage therapist if the approach used is appropriate for your health goals.