

Relief and Recovery.. cont'd

Pain-Spasm-Pain Cycle - You may get caught in the pain-spasm-pain cycle. This phenomena is started either by pain or spasm in a muscle, which perpetuates itself in an endless loop. For example, you may tense up from pain - this causes more tension—more pain - more tension—more pain and on and on until something breaks the cycle. Massage, often used with ice, helps break this painful cycle.

Therapeutic Massage Helps

Therapeutic massage received regularly helps work out chronic muscular tension. Massage melts away a certain amount of tension in each session, and if received regularly, keeps tension from building up again! It helps you identify and correct patterns of holding tension. People sometimes ignore tension until it becomes chronic and causes real pain.

When muscles are relaxed and restored to their optimal length, correct posture and alignment are more easily sustained. Therapeutic massage and stretching can help you regain and maintain better flexibility and encourage better posture.

Massage can also trigger the relaxation response, relieving the negative effects of stress and restoring balance in the body. Some positive effects of the relaxation response include slower heart rate, deeper breathing, more relaxed muscles, and better internal circulation and digestion.

Arrangements for Massage

Therapeutic massage is often provided within a chiropractic office. In this case, the chiropractic doctor will prescribe massage and coordinate the chiropractic and massage treatments. Insurance reimbursement may also be available.

Therapeutic massage is also available outside of chiropractic offices. You may be referred to a massage therapist by a chiropractor (or vice versa) for a specific problem. You may also make a personal choice to complement your regular chiropractic care with therapeutic massage for a more complete health maintenance program.

Glossary:

Adjustment - Chiropractic technique in which joints, usually of the spine, but sometimes may include other joints, are manipulated.

Alignment - Correct anatomical position or relationship of body parts, particularly in joints; called posture when referring to the whole body.

Chiropractic - A system of therapy in which disease is considered the result of abnormal function of the nervous system. The method of treatment usually involves manipulation of the spinal column and other body structures

Massage — Manipulation of the soft tissues of the body using manual techniques such as kneading, sliding, pressure, vibration, friction, and stretching.

References:

Massage: Get in Touch with its Many Benefits.
Mayo Clinic (2014)

Benjamin, P. 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.

Therapeutic Massage – Complement to Chiropractic Care
Written by Patricia J. Benjamin, PhD.
Revised by LauraAllenMT, BA, BCTMB



©Copyright JJI Web solutions INC.

AURACARE
PRODUCTS

1702 Windsor Rd. #2413, Loves Park, IL 61132-7002
www.auracareproducts.com
815-624-8580

© Copyright JJI Web Solutions Inc., revised 2021
All rights reserved. No part of this brochure may be used or reproduced in any manner whatsoever without written permission from the publisher. Printed in the U.S.A.

HP600-10

A complement to CHIROPRACTIC CARE

Effective healthcare systems

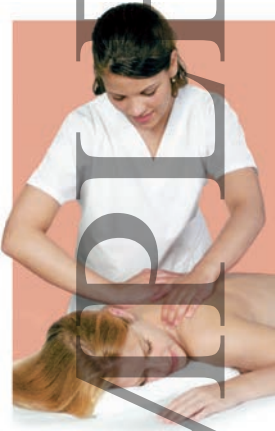


**THERAPEUTIC
MASSAGE**
For a Healthier Life



Complement to Chiropractic Care

Therapeutic massage is an age-old remedy which has proven to be an effective complement to chiropractic care. Both are holistic in nature. Together, chiropractic and massage facilitate the natural healing process by relieving joint and neuromuscular pain.



Problems in the musculoskeletal system are often cause dysfunction and pain. Most chiropractors would agree that it is important to treat soft tissues such as muscles and connective tissues to help lessen the pain that accompanies dysfunction. Together, the effects of chiropractic and massage complement each other.

Therapeutic Massage:

- ◆ Increases the effectiveness of chiropractic treatments
- ◆ Aids in preparing the body for chiropractic adjustments
- ◆ Helps relieve pain in muscles and related soft tissues
- ◆ Helps prevent future problems

Benefits of Massage

The therapeutic effects of massage are recognized by personal and clinical experience, and supported by scientific research. They include:

- ◆ General relaxation
- ◆ Alleviation of neuromuscular pain
- ◆ Muscle relaxation
- ◆ Relief from the negative effects of stress
- ◆ Reduction of anxiety

Massage and Adjustments

Local massage is often used in preparation for an adjustment. Massage relieves muscle tension and warms up the soft tissues in the area, making joints more pliable and more easily adjusted. Many chiropractors themselves (or an assistant) prepare an area with local massage prior to an adjustment.

A general massage (1/2 to 1 hour long) can also be good preparation for an adjustment. In addition to preparing the immediate area of concern, it helps you relax overall and become more receptive to other hands-on treatment.

Some find massage after an adjustment beneficial for further relaxation. With regular therapeutic massage, chiropractic adjustments may last longer.

Relief and Recovery

The pain which brings you to a chiropractor often involves problems in the musculature.

These problems might include:

Nerve Constriction - Nerves run alongside of, between, and through muscles. Taut muscles can squeeze and put pressure on nerves causing constriction, which interferes with the free flow of nerve impulses and sometimes causes pain. Through muscle relaxation, massage alleviates the constriction of nerves due to muscle tension.

Poor Circulation - Taut muscles caused by overuse, chronic tension, or injury may also contribute to constricted blood vessels, thus slowing blood flow to an area, a condition called ischemia. Ischemia causes pain. Relaxing taut muscles through massage may reduce ischemia and the pain it causes by enhancing local circulation.

Trigger Points - Trigger points are specific spots in muscles and tendons which cause pain, and which radiate pain to a larger area. They are thought by some to be small areas of spasm. Trigger points may be caused by sudden trauma (e.g. from falling or being hit), by repeated overuse of a particular muscle, or may develop over time from chronic muscular tension in an area.



Direct pressure with the thumb or fingers on a trigger point will often deactivate it, thus relieving the pain it causes.

Damaged Tissues - Accidents at home, work, play, or on the road can leave bruises, sprains, and other injuries in the soft tissues. Massage can relieve pain from soft tissue injury and help speed recovery.

Today's Health Problems

Many of today's major health problems are caused by chronic stress and conditions of modern living and working. Prolonged mental and emotional stress may lead to tension headache, backache, ulcers, colitis, blood sugar irregularities, high blood pressure, and heart disease. Too much stress has also been proven to impair the immune system leaving us vulnerable to many diseases, and inhibiting recovery as well.

Driving or riding in daily commutes, and sitting for long periods of time at workstations tax the body. The repetitive movements required in certain occupations, for example, with some office work (e.g., using a computer, physical labor (e.g., carpentry, gardening), playing musical instruments (e.g. violin, guitar) and sports (e.g., tennis, golf), can lead to chronic muscle tension, dysfunction and pain.

Muscles shorten with chronic tension. This may lead to loss of flexibility in joints and poor posture.

Circulation in tense muscles is decreased causing ischemia and pain. Trigger points are common with chronic tension and the pain-spasm-pain cycle may set in.