

Massage for Respiratory Conditions

Therapeutic massage can help those with chronic respiratory problems breathe a little easier. People with conditions such as chronic bronchitis, emphysema, and asthma may benefit from the healing effects of massage. For example, massage can help reduce anxiety associated with breathing difficulties, free restrictions in respiratory structures, address over worked muscles and poor posture caused by strained breathing efforts, and loosen mucus for more productive coughs.

Respiratory Diseases

Chronic Obstructive Pulmonary Diseases (COPD) such as chronic bronchitis and emphysema are characterized by breathing difficulties brought on by irritated and damaged respiratory tissues. Possible causes of COPD include air pollution, fumes or dust in the workplace, smoke inhalation, and cigarette smoking.

Chronic bronchitis commonly involves bacterial infection, and is accompanied by the production of excess mucus and a persistent cough. In severe cases there is structural damage to the respiratory tissues due to the continual inflammation and coughing. This often results in difficulty exhaling fully, tension in muscles related to breathing, and shortness of breath.

Emphysema is a progressive, degenerative condition in which there is over-inflation of the tiny air sacs of the lungs called alveoli. The lungs become less elastic so the person with emphysema has to work harder to exhale. Breathing tends to be rapid and shallow. Muscles of the neck and chest that normally play a more minor role are brought into play to help inhale and exhale. This causes muscle tension and fatigue. The person with emphysema may lean over to help in exhalation, a posture that limits inhalation.

Emphysema is a progressive condition in which the lungs become over-inflated. This occurs due to damage to the alveoli, the tiny air sacs called the alveoli, which are a part of the lung tissue. The result is reduced lung capacity, shortness of breath, and coughing.



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Therapeutic Massage

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The banner is a vertical strip with a pink background. At the top, the words 'Therapeutic Massage' are written in a large, white, serif font. Below the title, there are three small, square photographs showing different massage techniques: the first shows a therapist's hands on a person's upper back; the second shows a person's head and neck being massaged; the third shows a person's hands being massaged. To the right of these photos is a white silhouette of a human figure. The banner is tilted slightly to the right.

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