

Therapeutic Massage for Pain Management

Massage therapy is a natural approach to pain management. A survey released by the American Massage Therapy Association in 2003 reveals that an increasing number of consumers are seeking massage specifically to manage and relieve pain.¹ The Joint Commission on Accreditation of Healthcare Organizations has suggested massage as an effective drugless therapy for pain management.² Therapeutic massage relieves pain from a variety of causes, and may reduce the need for pain medication.

Sources of Pain

Pain is experienced as discomfort, distress, or suffering due to the stimulation of sensory nerves, especially pain sensors.³ Pain is associated with most illness and injuries, both temporary and chronic.

Pain is experienced in temporary situations like healing from accidents and surgery, and with orthopedic injuries such as sprains and tendonitis. Discomfort and pain may also be a side-effect of treatment for diseases like cancer. Inactivity while recovering from an illness or injury, or under-activity due to a chronic condition, can result in bodily discomfort from poor circulation.

Among the many potential causes of chronic pain are persistent muscle tension, poor blood flow, overuse of specific muscles, chronic swelling or edema, poor tissue condition from old injuries, and joint diseases such as arthritis. A chronic painful condition called fibromyalgia syndrome (FMS) is characterized by widespread muscle pain and stiffness, and tenderness at specific body sites.

Anxiety and worry can worsen the perception of pain regardless of its cause. In some people, emotional pain and distress are experienced as

physical pain, or can lead to stress in a painful condition. Some of the commonest and most distressing can be alleviated with

Limits of Pain Medication

"Pain killers" are often the first step in pain management. The most common are aspirin, acetaminophen, and non-steroidal anti-inflammatory drugs (NSAIDs). These drugs relieve pain by blocking the production of prostaglandins, which are chemicals that cause inflammation and pain. However, these drugs do not address the underlying cause of the pain, and they can have side effects, such as stomach ulcers and kidney damage. In some cases, pain medication can be addictive.

Massage can be an effective alternative to pain medication. It helps to relax muscles, improve circulation, and reduce inflammation. It can also help to manage pain by stimulating the release of endorphins, which are natural painkillers.

Massage Eases Pain

The hands of a skilled massage therapist can work magic on a body that is in pain. Massage helps to relax muscles, improve circulation, and reduce inflammation. It can also help to manage pain by stimulating the release of endorphins, which are natural painkillers.

A relaxing massage can help to reduce stress and tension, which can contribute to pain. The soothing touch of a massage therapist can help to calm the mind and body, and reduce the perception of pain.

Studies have shown that massage can be an effective treatment for a variety of pain conditions, including chronic pain, fibromyalgia, and arthritis. It can also help to improve sleep and reduce anxiety, which can further help to manage pain.

Therapeutic Massage for Pain Management



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Therapist

...and help your massage therapist to provide the most appropriate treatment for your condition. It is important to choose a qualified and experienced massage therapist who is trained in the techniques of therapeutic massage. A good therapist will be able to assess your condition and provide a tailored treatment plan that addresses your specific needs. This may include a combination of massage, stretching, and other techniques. The goal of therapeutic massage is to help you feel better and improve your quality of life.