

# MASSAGE THERAPY



You've had a long day, and someone gives your shoulders and neck a little massage – you instantly feel better! Can this same effect occur when you're struggling with chronic pain? We believe so.

Here's a look at some of the many benefits of incorporating massage therapy into your pain management regimen.

## **Mental and physical effects of massage**

One of the reasons why massage therapy can be so effective in treating pain is that the practice delivers both physical and mental benefits.

For starters, a deep tissue massage can stimulate your circulation, which encourages your body's healing resources to flow more freely. As well, massage therapy can target certain trigger points in your muscles, causing them to relax their hold on your tissues (think of a knot or spasm in your muscle).

Outside of the direct physical results of a massage, there's evidence that suggests that this therapy may deliver several other benefits, including:

- Lowering your cortisol production (stress hormones)
- Lowering your blood pressure
- Reducing inflammatory cytokines
- Increasing serotonin (the feel-good hormone)

Since your pain can be influenced by stress and anxiety, the therapeutic benefits of a practice that reduces these two issues are significant.

Since massage therapy is non-invasive and quite safe, we feel that there's very little to lose and everything to gain by adding massage therapy to your overall treatment plan.