

# The Benefits of Medical Massage



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The primary purpose of massage therapy is to treat a patient's ailment and focuses on achieving specific results. Before administering any therapy, the therapist will conduct an extensive evaluation. This is to ensure that the desired outcomes are attained. This kind of therapy is common and includes trigger points, Myofascial release and therapeutic massage techniques. These techniques can be combined to treat tension and pain that is persistent. They are especially beneficial for patients with acute and chronic injuries.

## Therapeutic massage

Medical massage can help with relief from pain. Medical massage can help with chronic pain by focusing on the soft tissues that provide support and allow the body to move. It is possible to combine it with other treatments, such as medication and physical therapy. Medical massage has many benefits and can reduce the time it takes for patients to get off work and also the negative effects of prescription pain medications. Here are a few reasons why you should look into medical massage therapy:

Unlike general massage, medical massage focuses on a specific medical condition and functional outcome. This type of massage may assist in releasing scar tissue, improve joint range, or teach the correct body mechanics. It increases the flexibility and elasticity of fascia. Traumas and inactivity can lead to fascia becoming hardened or filled with scar tissue. As a result, poor posture and limited range of motion can occur.

Most medical massage is prescribed by a doctor and is not meant to replace traditional

medicine. Massage therapists aren't able to diagnose patients; they are strictly licensed to treat them according to a physician's prescription. Unregulated therapies can be utilized if a massage therapist can identify an imbalance in soft tissue. Massage therapy can help improve the overall health of patients and alleviate symptoms of various medical conditions, such as depression and anxiety.

### Trigger point therapy

Trigger points are painful areas in the body that are typically caused by repetitive motion, overuse or even the effects of an injury that has occurred in the past. They can also be caused by stress, physical trauma, postural imbalances and pain that is referred from another muscle. Other trigger point causes include chronic inflammation, muscle atrophy as well as emotional causes. According to Dr. Janet Travell, director of allied health education at the Community College of Baltimore County trigger points can be caused by overuse, trauma or other pathologies.

A massage therapist may refer patients to a doctor or another healthcare professional to diagnose trigger points. This is based on the clinical experience of the patient and their medical history. A qualified professional will take the patient's medical history and determine if trigger points are causing the pain. Trigger point therapy isn't recommended for patients with chronic pain. In a lot of cases, however trigger point therapy can be beneficial for those with chronic illnesses.

A trigger point massage protocol that works will identify the trigger points and resolve them. It also lengthens the muscles. Trigger point massage techniques typically involve stretching muscles or a combination of. As the muscle lengthens the therapist will massage the fascia around it. This can help the body in eliminating toxins. If this is not done, the trigger point therapy could not be effective. Once it is discovered the massage therapist must continue with the treatment.

### Myofascial release

When receiving a massage many people opt to include myofascial release techniques. These techniques can relieve many different conditions including back pain to the condition known as fibromyalgia. Before you start receiving a massage, you should discuss your goals with your therapist. It is possible to create a client persona. This will allow you to target your ideal client. By creating a persona, you can easily explain the benefits of myofascial release as well as the advantages of treating common health issues.

The use of myofascial release techniques can be extremely beneficial for a variety of health conditions, including whiplash, back pain postural irregularities, and disc problems. It can also be used to treat pain that is caused by arthritis, sciatica, and carpal tunnel syndrome. The trigger points can be utilized to relax muscles from painful positions and enhance mobility. Myofascial release can be helpful for people who suffer from chronic headaches.

The benefits of myofascial release are numerous, and the technique can be performed at home at your own pace. Learn how to do it yourself using a foam roller or massage ball. If you're not confident doing this, consult a physician to learn self-care methods. Your therapist will teach you how to massage these areas, or develop a routine at home for you, during your massage.