

# Health Benefits of Massage Therapy

Massage therapy has gained recognition among people experiencing arthritis, particularly because of its ability to reduce pain and enhance the elasticity of joints. The little number of studies that s been conducted on massage therapy particularly for osteoarthritic knees imply it may involve some short-term benefits in relieving knee pain. Of 6 such studies which assessed massage for osteoarthritic knees (408 total participant), 5 indicated that it supplied at least short term pain relief. But, these results have to be looked at in light of the fact that there aren't any large well-designed trials assessing this specific medical treatment with the intention of reducing osteoarthritic knee pain and disability caused by this condition.

The most widely reported outcomes came from a group of nurses at a health maintenance facility, that has been administering massage to individuals with obesity for the last three years. In cases like this, results were discovered from one session of massage, which included not only the aid of pain but also improved muscle functions. Three of those participants have remained with osteoporosis despite the term of massage sessions. Moreover, five participants improved their condition substantially after only 1 session. Therefore, these results imply that a specific massage therapy can really have an effect on decreasing or even removing the symptoms of osteoporosis deformity, so long as it's regularly given.

Another set of research, which focused on postprandial blood pressure and heart rate patterns, revealed no significant effects of massage aids in reducing either measure. However, these results were inconclusive and may be due to the simple fact that the participants used a normal massage regimen, which contained massage of both the hands and feet. Therefore, it's more probable that the beneficial effects of massage is only going to be seen if a different massage regimen is used, specifically one concentrated on the shoulders and neck. Such a change would subsequently have a better effect on decreasing blood pressure and heartbeat.

Studies which directly concentrate on muscle strain also showed no important effects of massage. This may be a result of the simple fact that the muscles being exercised upon are those that are usually under pressure, rather than muscles that are being exercised upon regularly. Standard massage patterns, consequently, were deemed as more beneficial for reducing stiffness in these regions. Yet, the outcomes of the studies show that a difference between tight and weak muscles. Therefore, while massage might be beneficial for relieving stiffness, it may not be as powerful in boosting muscle tension.

A large body of clinical research indicates that massage, even when given to individuals with chronic muscular tension, leads to improved neuromuscular pathways, which contributes to improved posture, improved balance, and better overall health. Massage helps to improve the blood circulation into the muscles, and which allows them to effectively manage and repair themselves after any trauma. Massage increases the sum of lymphatic fluid in the body, and this is vital for removing toxins. Studies have demonstrated that regular massage

can decrease body odor, as well as aid to normalize the nervous system's response to stress.

When done correctly, massage was proven to have quite profound, health-changing effects on the body. The release of endorphins after a massage therapy was performed has been known to reduce pain and treat individuals who suffer from chronic pain. The launch of serotonin, a feel-good compound, leads to an overall feeling of well-being. Endorphins result in increased strength and endurance, making people feel as they are capable of handling anything that comes their way. And, of course, the relaxing effect of dopamine in the autonomic nervous system has been demonstrated to lessen feelings of anxiety.

By doing routine massages and using routine appointments with your massage therapist, you can take charge of how you are feeling and how you react to frequent migraines. Along with reducing depression and anxiety, massage therapy may help improve your mental wellness, balance blood sugar levels and treat and prevent diseases like fibromyalgia. Massage therapy also helps reduce the effects of aging, helping you feel younger and more lively. The results of these studies are astounding. With regular sessions of massage, most individuals of all ages can take advantage of the demonstrated health benefits.

You are able to benefit from massage therapy in different ways as well. A number of studies have found that massage may increase lymph circulation, which makes it easier to fight off colds and disorders. Besides assisting you feel invigorated and happier, higher lymph flow is able to help you fight back against stress by improving your immune system and increasing endorphins. The release of endorphins is said to ease muscle pain, decrease anxiety and depression, improve mobility and improve self confidence.