



The Benefits of Massage

Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage can be a powerful tool to help you take charge of your health and well-being, whether you have a specific health condition or are just looking for another stress reliever.

Massage may range from light stroking to deep pressure. There are many different types of massage, including these common types:

- **Swedish massage.** This is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping to help relax and energize you.
- **Deep massage.** This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue, commonly to help with muscle damage from injuries.
- **Sports massage.** This is similar to Swedish massage, but it's geared toward people involved in sport activities to help prevent or treat injuries.
- **Trigger point massage.** This massage focuses on areas of tight muscle fibers that can form in your muscles after injuries or overuse.

Massage is generally considered part of complementary and integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for: anxiety, digestive disorders, Fibromyalgia, headaches, insomnia related to stress, Myofascial pain syndrome, soft tissue strains or injuries, sports injuries, Temporomandibular joint (TMJ) pain.

Despite its benefits, massage isn't meant as a replacement for regular medical care. Let your doctor know you're trying massage and be sure to follow any standard treatment plans you have.

Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743> (content shortened)

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