

THE POWER OF MASSAGE

MASSAGE PROVIDES A HOLISTIC WAY TO DISORDERED CARE AND CONCERN, and can have profound effects on health and well-being. It helps to promote mental and physical relaxation, its therapeutic benefits can ease a wide range of ailments, and a physiologically stimulating massage can have a psychologically relaxing effect. Research is now verifying the many therapeutic claims that have been made for massage.

AN AID TO HEALING

Massage has been found to be helpful in the treatment of a variety of conditions, including stress-related ailments such as tension headaches, insomnia, high blood pressure, and backache. It can relieve depression, anxiety, and pain. It can also alleviate muscle-skeletal problems, such as arthritis and back pain, and digestive disorders such as constipation and stress-related abdominal pain.

It is not, however, only the recipient who benefits from a massage. I maintain that there are physical and psychological benefits for both the giver and the receiver, and they can emerge from a massage equally refreshed and relaxed.



KEY BENEFITS

Massage has a positive effect on the body's physiological and psychological functions. It can help with the following:

- Stimulating the circulation and speeding up the elimination of waste products.
- Relaxing sore or tense muscles.
- Improving flexibility.
- Facilitating general body relaxation.
- Improving well-being.
- Easing psychological stresses.
- Enhancing body awareness.
- Promoting regular sleep patterns.

PRECAUTIONS

Although massage is generally of enormous benefit, there are a few occasions when you should avoid it. If you are ever in doubt about whether to massage an area, avoid it, even if you feel it helps. Contraindications are unique to the individual, but in general you should never massage someone with the following conditions without obtaining the advice of their doctor:

- Any serious medical condition.
- A high temperature.
- An infection or contagious disease.

Take care in the case of any of the following conditions. Avoid the "local" conditions listed, and massage an alternative, unaffected area instead.

- Edema, acute inflammation, or bruising.
- An open wound, recent ear illness, skin infection, existing skin condition, broken skin, or rash.
- Lower back pain, especially if the pain shoots down the legs or areas where you massage the back or neck.
- Unexplained lumps.

- Varicose veins, phlebitis, or thrombosis. Thrombosis can be difficult to recognize, as symptoms may vary considerably. One indication of there is major clotting in one leg, and refer the person to their doctor.
- If your partner is pregnant, massage the abdomen and lower back very gently during the first three months.
- If someone suffers from chronic fatigue, keep your interventions gentle.
- In cases of osteoporosis or joint pain, refer your client and keep your massage gentle, avoiding any deep massage work.

Massage The Ultimate Illustrated Guide

Scott C. Dulebohn



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