

Will massage fix me?

The actual mechanisms by which massage therapy provides benefits are still poorly understood. However, many people report positive health benefits from receiving massage therapy. With advances in science methods and a current interest with touch therapies, hopefully we will soon better understand the physiological, biological and neurological changes that occur during treatment. For some people it has made significant differences to their quality of life, whilst for others it has given them little or no relief. Other people may just receive massage as it makes them feel great and offers them time to relax from their busy schedule.

Understanding and studying how massage therapy affects people differently is fraught with difficulty, not least because every massage therapist has their own unique way of working and apply techniques. The interaction between client and therapist is also a very important factor as are environment, communication, trust, knowledge and experience.

Massage has been shown to help reduce the feelings of stress, anxiety, and depression. It can be effective at reducing pain and discomfort by providing novel sensory input to the brain. Manipulation of the soft tissues may provide more those structures the freedom to function with more ease and less irritation.

Massage might make you feel taller, fitter, healthier, faster, stronger, looser, more flexible, more relaxed, and more comfortable within your body, and it might not.