

Massage Therapy for Senior Citizens

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Massage therapy can offer senior citizens a number of benefits that will greatly improve their sense of health and well-being. As the population continues to age, it is important to consider ways that we can work to improve the lives of those affected by the passing of time. A number of studies have shown that massage therapy can have a direct impact in managing the effects of aging. It has also shown promise in bringing comfort to those suffering from arthritis and other physical ailments.

As people age, they naturally become less active. This lack of physical activity can lead to the onset of other conditions which, if not dealt with, can greatly reduce their quality of life. The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) has been promoting the use of massage therapy for some time now. According to a recent study, there is a general awareness of massage therapy but a lack of understanding of its direct benefits.

In the case of senior citizens, there are a number of benefits that be derived from therapeutic massage. According to the Touch Research Institute, it is extremely useful in the treatment of Alzheimer's patients, as it can facilitate relaxation and communication. In the case of arthritis sufferers, it can greatly assist in pain management and help increase range of motion. It also triggers natural joint lubrication, which is extremely important for those suffering from arthritis.

Massage therapy has also shown promise by helping to increase strength and muscle coordination. It can also greatly improve one's posture by reducing muscle tension, which has the added benefit of assisting seniors with a higher quality of rest. Massage has also been known to boost one's natural energy levels, along with their mental awareness. Study after study has shown that there is a place for massage therapy within the health care community.

More and more people are becoming aware of the benefits of massage therapy. In an age where the common approach to pain management has been dominated by the interests of the pharmaceutical industry, massage therapy has shown to be an effective and natural solution to the ailments associated with process of aging. If you or a loved one are interested in learning more about the benefits of therapeutic massage, please visit the website mentioned below.

Stephanie Macintosh is a certified massage therapist based in Portland. When she is not busy with her growing practice, she writes for massagetherapy101.com — an insightful website with information about the benefits of Massage Therapy, Massage Techniques, Massage Equipment and more.

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