



## The Proven Benefits of Massage Therapy

Athletes push their body to the limit day after day, and so it is no surprise that athletes keep up with the best medical resources to help their body recover and rejuvenate between workout sessions. Massage therapy is soft tissue mobilization and is often part of a treatment plan, and it is one that many athletes rely on regularly to soothe muscle tension and to improve flexibility. However, massage therapy is not just for athletes. If you aren't taking advantage of massage therapy to help with the physical stress and mental pressures of your day-to-day life, then you may be seriously missing out.

### Why Massage Therapy?

When you get home after a long day at the office or after finishing that long jog you have worked so hard to accomplish, you probably sit down and rub your feet with a gentle

massage as you take off your shoes. We rub our necks and shoulders when we are dealing with stress at work. We rub our backs with our knuckles after a long drive in the car or when we are feeling stiff and want to stimulate blood flow throughout our body. You are already utilizing the basic benefits of massage to experience relief from daily concerns. And if you are experiencing even small benefits from just these little touches of massage, then imagine the relief you could experience from true massage therapy.

Massage therapy goes beyond the basics of massage. Even a simple massage performed by a friend or family member in a casual environment, even for just a few minutes, is incredibly comforting. There is something about the brief experience of pressure on a tired muscle that can stimulate

Request your appointment online at [physiochirowellness.ca](https://www.physiochirowellness.ca) or call the clinic nearest you!

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you to find the energy you need to power through the rest of your day.

Massage therapy is highly recommended for the treatment of tension and stress in the muscles and joints, either as a result of tension buildup from mental stress or from physical challenges.

### Proven Benefits of Massage Therapy

- Alleviate tension
- Reduce pain
- Improve flexibility and range of motion
- Alleviate tension headaches
- Reduce depression and anxiety
- Boost your immune system

### About Massage Therapy

The massage that your friend or family member gives you feels good, but you will likely make more progress with lasting benefits from a licensed massage therapist.

Massage therapy targets pressure points and muscles. Some people have massages for relaxation, but many have massages to help with pain or aid in injury recovery. Your massage therapist can target particular pressure points in the body that may be identified as a source of your pain, using specialized techniques to ensure safety and comfort during the massage experience.

Massage treatments can lessen depression and anxiety, while promoting tissue regeneration and reducing scar tissue and stretch marks. Your skin is the bodies largest

organ and massage therapy stimulates blood flow to improve circulation. Increased blood flow carries more oxygen and nutrients into underlying tissues, like muscles and vital organs. Feeling good and more relaxed during a massage is from the release of endorphins, which is an amino acid that works as the body's natural pain killer. Regular massage can relieve migraines, reduce post-surgery adhesions, swelling, spasms and cramping. Patients have reported less low back pain, increased joint flexibility and range of motion.

### Massage After Injury

One of the most common times that massage therapy is used is following an injury, as part of a rehabilitation program. Following an injury, it is incredibly important to be careful about allowing anyone to have contact with the injured area of your body. Applying pressure incorrectly to a shoulder that was recently operated on, or a knee that is still recovering from a tear, can have drastic results and major setbacks for your physical wellness.

Whether you are feeling sore because of your latest workout or dealing with building tension in your neck and back as a result of stress from work or family concerns, massage may be helpful for you. If you have questions about what type of massage therapy is best for your personal health needs, please contact PhysioChiroWellness to learn more about the different types of massage and how this therapy method may best be incorporated into your health and wellness routine.

[Request an Appointment](#)

Source: <https://www.harrisschool.edu/10-reasons-to-get-a-massage/#.W4BSR15KjIU>; <https://www.massagetherapy.com/massage-and-its-benefits>; <https://www.physicaltherapyfirst.com/services/massage-therapy/>

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# Staff Spotlight

## Trisha Cooke

Registered Massage Therapist



Trisha Cooke stands as a seasoned and versatile Registered Massage Therapist whose journey in the realm of therapeutic touch has spanned more than 15 impactful years. With an extensive background in clinical and community settings, her commitment to holistic healing and patient well-being has left an indelible mark on the field of massage therapy.

Trisha's voyage began with a passion for helping others that led her to specialize in a diverse array of massage techniques. From sports massage that aids athletes in peak performance, to the therapeutic benefits of deep tissue massages that address chronic tension, and the soothing comfort of hot stone massages, Trisha's repertoire is a testament to her dedication to catering to the individual needs of her patients.

Yet, Trisha's expertise extends far beyond the massage table. With an impressive 23 years of clinical experience in dealing with brain injuries, spinal cord and neurological injuries, as well as orthopedic populations, she has developed a nuanced understanding of the complexities of rehabilitation. Her work not only brings physical relief but also fosters emotional support for those navigating the challenges of recovery.

## HEALTHY GREEN SMOOTHIE

- 3/4 cup milk of choice
- 1 small frozen banana
- 1 tablespoon nut/seed butter of choice
- 3 cups baby spinach
- 2 scoops protein powder of choice



Combine all ingredients in a blender and blend until smooth.

<https://www.humnutrition.com/blog/post-workout-smoothie-recipes/>

## PATIENT SUCCESS STORY

I've had the pleasure of experiencing their massage therapy services, and it has been absolutely rejuvenating. The massage therapists are highly trained and provide a relaxing and therapeutic experience. It's a great way to relieve stress and tension in the body.

— Ebenezer T.



Request an Appointment

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