



Massage Therapy



Overview

If you have muscle aches or chronic soft tissue pain, massage therapy may help. It relaxes your body. It can increase blood flow to your muscles and tissues.

Massage Session

Before a massage, your therapist will talk to you about any pain or sensitivity you may be having. You discuss any specific parts of your body that you want the therapist to focus on. You also talk about what style of massage you want. Swedish and deep tissue massages are common forms, but your therapist may offer others. Pick a style that is most comfortable for you. Then, you lie comfortably on a padded table. Your therapist gently kneads and stretches your muscles, stimulating your injured tissues.

Safe Care

Massage therapy is a safe and effective way to care for many types of pain. You may benefit from a continuing care plan.

