

THE BENEFICIAL EFFECTS OF MASSAGE

Massage dilates or opens up blood vessels, improving circulation and relieving congestion.

Massage increases the number of red blood cells, especially in cases of anemia.

Massage acts as a "mechanical cleanser", pushing along lymph and hastening the elimination of wastes and toxic debris.

Massage increases the blood supply and nutrition to muscles without adding to their load of toxic lactic acid produced through voluntary muscle contractions,

Massage helps to overcome harmful "fatigue" products resulting from strenuous exercise or injury.

Massage improves muscle tone and helps to prevent or delay muscular atrophy resulting from forced inactivity.

Massage can compensate to a degree, for lack of exercise and muscular contraction in persons who, because of injury, illness or age are forced to remain inactive.

Massage helps to return venous blood to the heart and doing so eases the strain on the heart.

Transverse massage separates muscle fibers, undoing or preventing the formation of adhesions.

Massage May have a sedative, stimulation, or even exhausting effect on the nervous system, depending on the type and length of the massage given.

Massage improves the general circulation and nutrition of tissues and joints. It is followed by increased interchange of substance between the blood and tissue benefit by the massage to lessen pain and inflammation.

Massage increases the excretion (via the kidneys) of fluids and nitrogen, inorganic phosphorous and salt in normal individuals.

Massage encourages the retention of nitrogen, phosphorous and sulphur necessary for tissue repair in bone fractures.

Massage stretches connective tissue (fascia) improving circulation and nutrition, which then breaks down or prevents the formation of adhesions and reduces the danger of fibrosis

Massage Helps eliminate edema (swelling) in arms and legs.

Massage disperses swelling following injury of ligaments and tendons, and lessens pain and facilitates movement

Massage relaxes muscle spasms and relieves tension.