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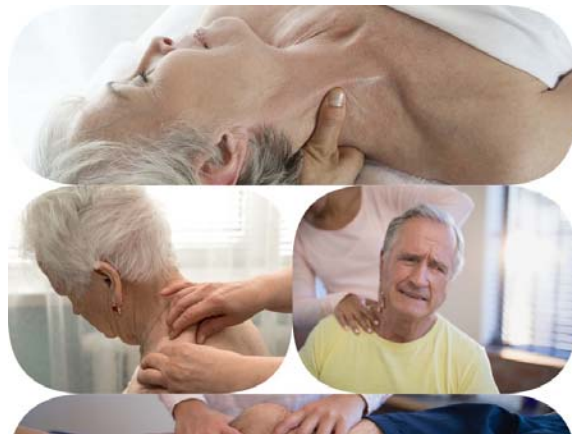
RELAX

Massage Therapy for Seniors

Tense, tight, rigid, tied up in knots; is how our muscles feel sometimes and this is not comfortable. Massage therapy dates back thousands of years and includes different techniques and styles depending on the need and physical condition of the client. Scientific research has pointed toward beneficial effects on pain and other symptoms associated with a number of different health conditions.

Beyond the obvious aesthetic benefits like relaxation, therapeutic massage has been shown to decrease stress in the body and lessen the negative effects of anxiety, depression and even digestive disorders. The Mayo Clinic agrees: "Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension." Geriatric massage therapy is designed to address the specific needs of the elderly population. This type of massage for the elderly uses gentle and light application of massage techniques and can include passive stretching and light oil or lotion to permit muscles to be worked on without causing excessive friction to the skin. The top 10 benefits of massage therapy for seniors:

- Increases blood flow to limbs
- Improves balance and gait
- Softens hard muscles & tissues
- Produces feelings of caring and comfort
- Stimulates the nervous system
- Eases stroke recovery
- Increases flexibility



- Improves sleep
- Immune support
- Relieves arthritic pain



Combining massage therapy with other relaxing and preventative measures helps to enhance its positive effects. Activities like Tai Chi (discussed in the “[Limber Up!](#)” article), craniosacral therapy, gentle manipulations and meditation can all help decrease the negative effects of stress on the body.

Email us topics or specific questions that you would like us to cover.

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The following websites were referenced for this article:

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<https://www.judsonsmartliving.org/blog/top-10-health-benefits-of-massage-therapy-for-seniors/>

<https://nccih.nih.gov/health/massage/massageintroduction.htm>

https://www.amtamassage.org/findamassage/massage_type.html



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