

## **Pre and Post Surgery Massage Benefits**

Certified and licensed massage therapists are well trained to safely massage patients before and after surgery. The improved blood flow, improved lymph drainage, and relaxed muscles help prepare the body for the trauma of surgery. Post-surgery healing is advanced in the same ways. Some believe that post-surgical pain is lessened by quality massage therapy.

### **Massage: Get in touch with its many benefits**

*By Mayo Clinic Staff*

A soothing massage can help you unwind, but that's not all. Explore the possible benefits of massage and what to expect. Massage is no longer available only through luxury spas and upscale health clubs. Today, massage therapy is offered in businesses, clinics, hospitals and even airports. If you've never tried massage, learn about its possible health benefits and what to expect during a massage therapy session.

### **What is massage?**

Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage therapists typically use their hands and fingers for massage, but may also use their forearms, elbows and even feet. Massage may range from light stroking to deep pressure. There are many different types of massage, including these common types:

- **Swedish massage.** This is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping to help relax and energize you.
- **Deep massage.** This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue, commonly to help with muscle damage from injuries.
- **Sports massage.** This is similar to Swedish massage, but it's geared toward people involved in sport activities to help prevent or treat injuries.
- **Trigger point massage.** This massage focuses on areas of tight muscle fibers that can form in your muscles after injuries or overuse.

## **Benefits of massage**

Massage is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Paresthesias and nerve pain
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain

Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often involves caring, comfort, a sense of empowerment and creating deep connections with their massage therapist.

Despite its benefits, massage isn't meant as a replacement for regular medical care. Let your doctor know you're trying massage and be sure to follow any standard treatment plans you have.

## **Risks of massage**

Most people can benefit from massage. However, massage may not be appropriate if you have:

- Bleeding disorders or take blood-thinning medication
- Burns, open or healing wounds
- Deep vein thrombosis
- Fractures
- Severe osteoporosis
- Severe thrombocytopenia

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