

Massage Therapy Fact Sheet

What is Massage Therapy?

The term massage therapy covers a group of practices and techniques. There are over 80 types of massage therapy. In all of them, therapists press, rub, and otherwise manipulate the muscles and other soft tissues of the body, often varying pressure and movement. They most often use their hands and fingers, but may use their forearms or elbows. Typically, the intent is to relax the soft tissues, increase delivery of blood and oxygen to the massaged areas, warm them, and decrease pain.

What are the benefits of Massage Therapy?

- Improves Circulation
- Reduces Stress
- Increases Mobility
- Improves Quality of Sleep
- Helps Reduce Headache Pain
- Helps Alleviate Discomfort from Arthritis and Fibromyalgia
- Reduces Post-surgical Adhesions and Edema
- Releases Endorphins, the Body's Natural Painkillers
- Reduces Muscle Spasms and Cramping

What types of Massage Therapy are done at The Hetrick Center?

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| Swedish Massage | Deep Tissue Massage |
| Connective Tissue Therapy | Trigger Point Therapy |
| Sports Massage | Assisted Stretching |
| Myofascial Release | Relaxation Massage |

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