

## BENEFITS OF THERAPEUTIC MASSAGE FOR CONDITION MANAGEMENT

Therapeutic Massage plays an important role in maintaining optimum health and retarding degeneration to enhance the quality of life where there is no possibility of a cure

Therapeutic Massage manages:

- ❖ **Diabetes** by increasing blood flow to the extremities and draining tissue fluids to reduce the possibility of the occurrence of diabetic ulcers; promoting tissue health and good blood circulation to retard the development of kidney disease, cardiovascular disease, visual impairment and peripheral neuropathy
- ❖ **Multiple sclerosis** by maintaining health and mobility of tissues (contractures and spasticity) and managing stress and depression
- ❖ **Rheumatoid arthritis** by increasing joint mobility and soft tissue health; managing pain and removing the metabolic by-products of inflammation; reducing the incidence of stress induced flare-ups
- ❖ **Parkinson's Disease** by maintaining flexibility and range of motion; reducing anxiety and depression
- ❖ **Fibromyalgia** by increasing toxic flushing, improving tissues health, reducing reported levels of pain, anxiety and depression
- ❖ **HIV/AIDS** by improving immunity by maintaining tissue fluid health and reducing stress. The therapeutic massage therapist also plays an important role in providing support and comfort which in turn reduces the effects of emotional stress for the patient as well as the family.

Many other chronic degenerative conditions will also benefit from regular therapeutic massage treatment. For optimum results it is recommended that therapeutic massage form a regular part of ones health maintenance programme.

Please note that it is a legal requirement for Therapeutic Massage Therapists to be registered with the Allied Health Professions Council of South Africa.



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