



Documented Benefits of Massage Therapy

Whether most of us will admit it, many people carry their stress and let it affect other aspects of their life. Employee stress affects employers each and every day and can potentially have severe consequences possibly leading to absenteeism/sick days, accidents & worker's comp claims, errors in judgment, poor customer service, conflict with other coworkers, reduced productivity, and decreased morale. Our experience in the chair massage and corporate wellness industry makes this program easy to set up, and takes little to no time for your company to maintain, and we *do all the work*.

Massage therapy in the work place is very beneficial for employees

- 15 minute chair massages for 6 six weeks showed a significant reduction in anxiety levels, improvement in fatigue, pain, and tension/discomfort (Keller, Engen, Bauer, Holmes, Rihal, Lennon, Lehrer, and Wahner-Roedler, 2012)
- Stress perception was significantly lower after receiving 15 minute chair massages (Keller, Engen, Bauer, Holmes, Rihal, Lennon, Lehrer, and Wahner-Roedler, 2012)
- 86% of the participants were able to schedule 15 minute chair massages within their normal workday instead of taking a 15 minute break (Brennan, and DeBate, 2005)
- Individuals who receive a 60 minute massage once a week can see a reduction in pain after just two months (Pearlman, Ali, Njike, Hom, Gould-Fogerite, Milak, Katz, 2012)

Massage therapy with moderate pressure has a wide variety a benefits for individuals

- Moderate pressure massage has contributed to many positive effects including increased weight gain in preterm infants, reduced pain in different syndromes including fibromyalgia and rheumatoid arthritis, enhanced attentiveness, reduced depression and enhanced immune function (increased natural killer cells and natural killer cell activity). (Field, 2006)
- Moderate pressure massage reduced depression, anxiety and heart rate, and it altered EEG patterns, as in a relaxation response. (Field, 2006)



- Moderate pressure massage has also led to increased vagal activity and decreased cortisol levels. (Field, 2006)
- Moderate pressure massage was represented in several brain regions including the amygdala, the hypothalamus and the anterior cingulate cortex, all areas involved in stress and emotion regulation. (Field, 2006)

Reduction of neck pain

- Classic massage techniques such as Swedish massage and deep tissue massage decreased pain in sternocleidomastoid while connective tissue massage, a more superficial massage, was
- more relaxing for those suffering with neck pain (Bakar, Sertel, Öztürk, Yümin , Tatarlı,, Ankaralı, 2014)

Reduction of back pain

- Both Thai and Swedish massages are reported to relieve chronic low back pain by enhancing physical functions; providing pain relief, improving disability and range of motion, improving psychological functions; reducing anxiety and improving mood. Although based on different theoretical frameworks, they appear to be equally effective in relieving chronic low back pain. (Netchanok, Wendy, Marie, and Siobhan, 2012)
- Over a 10-week time frame, massage therapy was found to reduce the intensity of lower back pain, increase range of motion, and activities of daily living were easier for clients with chronic lower back and sciatica pain (Bell, 2007)

Reduction of inflammation in muscles due to promoting mitochondrial biogenesis

- When administered to skeletal muscle that has been acutely damaged through exercise, massage therapy appears to be clinically beneficial by reducing inflammation and promoting mitochondrial biogenesis. (Crane, Ogborn, Cupido, Melov, Hubbard, Bourgeois, 2012)



Increase of range of motion associate with knee arthritis

- Directly following massage therapy session, participants reported increase of range of motion with greater increases in range of motion after 4 weeks of regular massage (Field, Diego, Gonzales, and Funk, 2015)

Reduction of pain associate with knee arthritis both in the short and long term

- Directly following massage therapy session as well as after 4 weeks of receiving a massage once a week, participants reported decreased pain due to limited range of motion (Field, Diego, Gonzales, and Funk, 2015)
- Pain and stiffness of the knee due to osteoarthritis were greatly reduced directly and functionality was increased after receiving a massage (Atkins and Eichler, 2013)

Less disturbances in sleep due to pain after receiving regular massage

- After receiving a massage once a week, for four weeks, patients reported less sleep disturbances associated with pain from arthritis in knee (Field, Diego, Gonzales, and Funk, 2015)

Carpal tunnel syndrome symptoms are lessened following massage therapy

- Symptoms of CTS can be relieved by a daily regimen of massage therapy (Field, Diego, Cullen, Hartshorn, Gruskin, Hernandez-Reif, and Sunshine, 2004)
- After receiving regular massage, there was an improvement on median peak latency and grip strength (Field, Diego, Cullen, Hartshorn, Gruskin, Hernandez-Reif, and Sunshine, 2004)
- The application of soft tissue mobilization and a nerve slider neurodynamic intervention decreased pain intensity but did not change significantly local pressure pain sensitivity in women with chronic carpal tunnel syndrome after receiving daily massages for one week (De-la-Llave-Rincon et al, 2012)
- The combination of massage for 30 minutes, twice a week for 6 weeks and trigger-point therapy is a viable treatment option for carpal tunnel syndrome and offers a new treatment approach. (Elliot and Burkett, 2012)



Massage therapy is being recommended in medical settings

- 3 out of 4 adults report using some sort of alternative therapy (*Recharge, 2011*)
- 40% of hospitals have massage therapist on staff for their patients (*Recharge, 2011*)

Breast cancer patients use reflexology in managing secondary lymphedema

- Patients saw a significant reduction in the volume of the affected arm was identified at follow-up compared to baseline for more than six months after receiving the massage (Whatley, Street, Kay and Harris, 2016)

Regular massage decreases anxiety and depressed mood

- Decreases in self-reported anxiety and depression invariably occur following massage therapy associated decreases in pain (Field, 1998)

Medically fragile patients benefit just as much from regular massage therapy

- Those who are medically fragile benefit a great deal from regular massage. The setting needs to be more geared to where they are, and the therapist must work with their medical team, but they receive wonderful benefits from regular massage (McCafferty, 2016)



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