

6 Suprising health benefits of massage therapy.

Sure, it can help you relax. But massage therapy can do much more than that. Here are six healthy reasons to book an appointment at our Manly Clinic.

1. Massage therapy counteracts all that sitting we do.

Most individuals are dealing with some kind of postural stress which more often than not tends to manifest in the shoulders and neck. Desk workers, beware. This postural stress caused by prolonged periods of sitting can result in restriction of mobility often resulting in pain and injury. Effectively you become stiff and 'springloaded' into poor postural alignment.



Luckily, massage can counteract the imbalance caused from sitting with a regular remedial or sports massage, which means you can keep your desk job!

2. Massage therapy eases muscle pain

Got sore muscles? Massage therapy can help. Massage increases and improves circulation, providing much needed nutrition to your tired aching muscles. Massage also relieves painful trigger points improving power output and endurance of the muscle.

3. Massage soothes anxiety and depression

Human touch, in a context that is safe, friendly and professional, can be incredibly therapeutic and relaxing. Women diagnosed with breast cancer who received massage therapy three times a week reported being less depressed and less angry, according to [a 2005 study](#) published in the International Journal of Neuroscience.

And, a study published in the Journal of the American Academy of Child and Adolescent Psychiatry, found that patients who were depressed and anxious were much more relaxed and happy, and had reduced stress levels after massage.

4. It improves sleep

Remedial massage therapy has been shown to improve sleep patterns in many individuals by removing those niggly aches and pains, improving circulation to the tissues and generally relaxing and reducing stress levels.

5. Massage can help boost immunity

A [2010 study](#) published in the Journal of Alternative and Complementary Medicine found that massage boosts patients' white blood cell count (which plays a large role in defending the body from disease).

6. It helps relieve headaches

Next time a headache hits, try booking a last-minute massage. Massage decreases frequency and severity of tension headaches.

[Research](#) from Granada University in Spain found that a single session of massage therapy has an immediate effect on perceived pain in patients with chronic tension headaches.

So there we have it, sounds like we could all do with having a more regular [remedial or sports massage](#). Contact the clinic for information on appointment times and availability.