

Different Types Of Massage Therapy And Their Benefits

There are many types of massage therapies. Some of the most well-known techniques include Swedish massage as well as deep tissue massage, but there are a variety of kinds of massages one can receive from a Registered Massage Therapist (RMT) every one with their own unique advantages.

Swedish Massage

Swedish massages are the most well-known type of massage therapy in Canada. The therapist uses the pressure and friction to help relax clients and loosen tight muscles. The goal of a Swedish massage is to ease tension throughout the body. The Swedish massage employs long strokes to calm the entire body. But, besides complete relief, Swedish massages are beneficial to an individual's well-being because they can:

Increase the amount of oxygen in the blood

Reduce muscle toxins

Improve circulation and flexibility

Relax muscles

Reduced levels of the cortisol hormone that causes stress which raises sugar levels in the bloodstream

Increase the number of lymphocytes. They are vital to boost the immune system.

Deep Tissue Massage

Through deep tissue massages, the therapist applies pressure using fingers and the stroking of deep layers to massage tissue areas that are knotted and tight. Many people look for deep tissue massages as this technique eases chronic aches and pain found in the neck, upper back, lower back as well as the legs and shoulders. A massage therapist might be capable of giving a deep tissue massage.

Reduce scar tissue, and also remove adhesions (bands composed of painful, rigid tissue).

Improve circulation and limit range of motion

Reduce inflammation in the muscles

Help people recover from whiplash or falls injuries

Reduce the pain of strain injuries such as carpal tunnel syndrome.

Resolve postural issues

Reduce the pain of osteoarthritis

Lymphatic Massage

Lymphatic massage may also be described as lymphatic drainage. The therapist uses slow and circular motions and pressure to circulate lymph fluid through the lymphatic system. It is most often used to reduce lymphedema, an illness that causes swelling. It occurs when lymph fluid cannot move normally, leading to the accumulation of fluid. A lymphatic massage can be beneficial due to the following reasons:

After breast cancer surgery drain the lymph fluid.

Reduces swelling (lymphedema) and also pain

Circulates lymph fluid to relieve discomfort.

Massages for sports

This massage was developed specifically for athletes. A lot of athletes require relief from pain due to the repetitive motions that they experience in their sports. This is the reason why professional massage therapists that specialize in sports [massage therapy ogden](#) are commonly sought-after by athletes. Consider how often a tennis player swings his racquet. After a time it is possible that this repetitive motion will result in shoulder pain. An active individual or athlete may need massage for their sports because this type of treatment can aid in:

Speed up recovery from workouts

Improve range of motion and flexibility

Performance enhancement

A sport can reduce joint and muscle pain.

Sports-related injuries can be avoided

Promotes tissue repair and muscular balance

When a person suffers from discomfort and is seeking relief from pain It can be difficult to determine which service is right for him or her. For athletes, this is especially important. They require the appropriate treatment to ensure they are able to perform at their highest level and avoid injuries. Although there are several similarities between physiotherapy as well as massage therapy, there are also certain distinctions.

Oncology Massage

A massage for oncology is utilized by patients undergoing chemotherapy. An oncology massage therapist may utilize a specific kind of massage, or combine several methods, like Swedish massage deep tissue massage and lymphatic massage during a treatment session. The main goal of an oncology massage is to relax the patient. Thus the therapist is likely to modify the techniques of massage based on the needs of the patient.