

11 – How massage improves rehabilitation after injury

An injury can take the wind out of anyone's sails, but it doesn't have to take you years to return to a normal life routine. Rehabilitation can be a long, tiring and frustrating process, but massage can help both during, and after your rehabilitation efforts to get you back on track fast!

Massage plays an important role in rehabilitation efforts. As a supplemental therapy massage increases circulation and relaxes the muscles. Increased circulation then allows the body to pump more oxygen and healthy nutrients to your tissue and vital organs. All these efforts help to speed the recovery process and to heal faster.

Massage is also a very important pain management tool; a continual massage program will not only accelerate the healing process after an injury, but will also help you recover faster through reduced stress, increased muscle strength and improved mobility of affected injury areas.

An injury also creates not only physical pain and stress, but mental stress and frustrations. Massage is a perfect supplement to help alleviate both physical and mental stress and anxieties.