

MASSAGE THERAPY

&

THE POWER OF TOUCH

There have been studies done on Massage Therapy and its many benefits. It is proven to be an effective treatment for pain, speeding injury recovery, stress relief, and a host of other health concerns. Several physical and psychological conditions respond well to Massage Therapy including, insomnia, depression, anxiety, eating disorders, and muscular dystrophy.

Massage Therapy was once believed to have increased blood flow and helped eliminate toxins from the body. Though, there is little scientific proof to back these statements, rendering them ineffectual.

As sensory creatures, we learn through movement and experience the world through faculties of hearing, sight, smell, touch, taste, and equilibrium.

Massage Therapy speaks to these sensory receptors. Utilizing essential oils, calming music, and physical touch enhances the patient experiences, and these methods prove successful on patients of all ages. Children and newborns benefit from massage therapy. Studies show that those suffering from dementia and other forms of cognitive impairment respond well to massage therapy. Those who suffer from anxiety and depression may utilize physical therapy to refocus on sensations rather than thoughts.

Touch is powerful. Nerves within the skin respond to pressure, vibration, heat, and cold. The Proprioceptor nerve endings act on a continuous loop of feedback between sensory receptors throughout the body and the nervous system. There are sensory receptors located on your skin, joints, and muscles. When we move, our brain senses the effort, force, and heaviness of our actions and positions and responds accordingly.

For instance, during proprioception, the brain receives and interprets information from multiple inputs: **vestibular organs** in the inner ear send information about rotation, acceleration, and position; **eyes** send visual information; **stretch receptors** in the skin, muscles, and joints send information about the movement of body parts.

MASSAGE STIMULATES BOTH SENSORY & PROPRIOCEPTIVE NERVE ENDINGS.

These are unprecedented times, and the separation from loved ones and society can take its toll. Humans are social beings, so staying connected and grounded is imperative when considering mental and physical health.

By following COVID-19 safety protocols, such as wearing a mask, utilizing a well-ventilated space, and vigorous sanitization, massage therapy can be a safe way for individuals to get the touch needed.