

Cloud Health Massage Center Richmond: Benefits of Massage

RICHMOND, BC, CANADA, October 19, 2022 /EINPresswire.com/ -- Cloud Health Massage Center Announced that more than 3 Registered Massage therapists in Richmond have joined Cloud Health Family.

What is massage?

Massage is a general term for pressing, rubbing, and manipulating your skin, muscles, tendons, and ligaments. Massage may range from light stroking to deep pressure. There are many different types of massage, including these common types:

Swedish massage. This is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration, and tapping. It helps you feel relaxed and energized.

Deep massage. This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue. It's commonly used to help with muscle damage from injuries.

Sports massage. This is similar to Swedish massage, but it's geared toward people involved in sports activities to help prevent or treat injuries.

Trigger point massage. This massage focuses on areas of tight muscle fibers that can form in your muscles after injuries or overuse.

Benefits of massage

Massage is generally considered part of integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.



Registered Massage Therapist

Massage benefits can include:

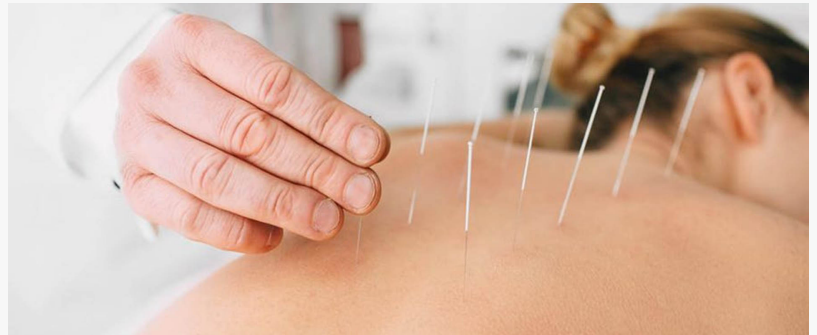
- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy, and alertness
- Lowering heart rate and blood pressure
- Improving immune function

While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Low back pain
- Myofascial pain syndrome
- Nerve pain
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain
- Upper back and neck pain



Will Zhang - Acupuncturist/Herbalist Richmond



Cloud Health Acupuncture Clinic Richmond

Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often produces feelings of caring, comfort, and connection.

Despite its benefits, massage isn't meant as a replacement for regular medical care. Let your doctor know you're trying massage and be sure to follow any standard treatment plans you have.

Risks of massage

Most people can benefit from massage. However, massage may not be appropriate if you have:

Bleeding disorders or taking blood-thinning medication

Burns or healing wounds

Deep vein thrombosis

Infections

Broken bones (fractures)

Severe osteoporosis

A very low platelet count (severe thrombocytopenia)

Discuss the pros and cons of massage with your doctor, especially if you are pregnant or if you have cancer or unexplained pain.

Some forms of massage can leave you feeling a bit sore the next day. But massage shouldn't ordinarily be painful or uncomfortable. If any part of your massage doesn't feel right or is painful, speak up right away. Most serious problems come from too much pressure during massage.

What you can expect during a massage

You don't need any special preparation for massage. Before a massage therapy session starts, your massage therapist should ask you about any symptoms, your medical history, and what you're hoping to get out of massage. Your massage therapist should explain the kind of massage and techniques he or she will use.

In a typical massage therapy session, you undress or wear loose-fitting clothing. Undress only to the point that you're comfortable. You generally lie on a table and cover yourself with a sheet. Your massage therapist will leave the room when you undress before the massage and when you dress after it. You can also have a massage while sitting in a chair, fully clothed. Your massage therapist should perform an evaluation through touch to locate painful or tense areas and to determine how much pressure to apply.

Depending on preference, your massage therapist may use oil or lotion to reduce friction on your skin. Tell your massage therapist if you might be allergic to any ingredients.

A massage session may last from 10 to 90 minutes, depending on the type of massage and how much time you have. No matter what kind of massage you choose, you should feel calm and relaxed during and after your massage. Breathe normally throughout your massage.

Your massage therapist may play music during your massage or talk to you, but you can tell him or her if you prefer quiet.

If a massage therapist is pushing too hard, ask for lighter pressure. Occasionally you may have a sensitive spot in a muscle that feels like a knot. It's likely to be uncomfortable while your massage therapist works it out. But if it becomes painful, speak up.

Finding a [massage therapy Richmond](#)

Ask your doctor or someone else you trust for a recommendation. Most states regulate massage therapists through licensing, registration or certification requirements.

Don't be afraid to ask a potential massage therapist such questions as:

Are you licensed, certified, or registered?

What are your training and experience?

How many massage therapy sessions do you think I'll need?

What's the cost, and is it covered by health insurance?

[Registered Massage Therapist Richmond](#) – Cloud Health Center - Massage / [Acupuncture Clinic in Richmond](#)

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