

FIBROMYALGIA MASSAGE

WHAT ARE THE BENEFITS OF MASSAGE FOR FIBROMYALGIA?

What is Fibromyalgia?: Fibromyalgia is associated with widespread chronic pain, fatigue, memory problems and mood changes. It occurs more often in women than in men, and is not a disease, but rather a syndrome that can be managed. Fortunately, fibromyalgia is not life threatening and does not lead to muscle or joint damage.

Benefits of Massage Therapy for Fibromyalgia: Massage therapy is one of the oldest methods of healthcare still in practice. At Massage Envy Spa, our professional massage therapists concentrate on techniques that encourage circulation in the muscles, which increases the flow of nutrients and eliminates waste products. This is particularly beneficial for those with fibromyalgia as it can reduce heart rate, relax muscles, improve range of motion in joints and increase production of the body's natural painkillers.

What Massage Techniques Will Be Used?: Depending on your sensitivity levels and tender points, your therapist may utilize Reflexology or various forms of massage for Fibromyalgia, or certain methods that address your specific requests and needs. Hot stones can also be a great way to help Fibromyalgia pain and promote relaxation

Sleep Better, Feel Better: One of the main symptoms of fibromyalgia is waking up tired, even if it seems you've received plenty of sleep. After a therapeutic massage for Fibromyalgia, you're likely to feel more relaxed and get a better night's rest. Deep sleep is truly beneficial to managing fibromyalgia as it is during this time that the restorative process occurs. So not only will a therapeutic massage help you wake more refreshed, but you may also experience less pain during the day.

But Won't it Hurt?: Because fibromyalgia causes pain and makes your body extremely sensitive to touch, open lines of communication are vital when it comes to how much pressure your muscles can endure during your session. Professional therapist are familiar with the specific needs of those suffering from fibromyalgia, but you should also feel comfortable communicating to your therapist which will ensure a soothing, therapeutic massage every time. If you ever have questions, please consult your doctor before beginning any therapy.

Relief through Therapy: Studies show that low-impact exercise programs give people with fibromyalgia relief by raising the levels of natural chemicals in the body that reduce pain and fatigue. You may be reluctant to exercise if you are already tired and in pain, but there are several options now available to you. Not only can you enjoy a gentle, therapeutic massage, but can also get massages that utilize stretching and relaxation. You should begin slowly, but with ongoing help from our professional therapists, you can benefit from continual relief.

Here's the beauty of benefits of regular massage: Not only does each session feel great, but also the therapeutic benefits are compounded when massage is utilized as a frequent therapy. The more you go, the healthier you feel. You can enjoy these benefits from massage for you Fibromyalgia as often as you'd like.