

Can Medical Massage Help Me?

Thirty two percent of Americans seek massage for medical reasons according to the American Massage Therapy Association. This ties relaxation for the first time as the top reasons people get massages. Twenty five percent of Americans have talked to their doctor about massage this year. Fifty two percent of those who discussed massage with their doctor said he strongly recommended them to get a massage. So, which health conditions can be improved with medical massage?

One condition is asthma. One day a client arrived for his massage wheezing badly. I told him, "OK, we are going to change your appointment today." I systematically used my finger tips to friction in-between each rib on the front, sides, and back of his chest, his diaphragm area and under the collar bone along his neck. His wheezing stopped before he left the office. He told me he did not have another attack for three days.

Another client suffered from sleep seizures even though she was taking the highest level of medication. She asked me if massage could do to help. I told her I would research my acupressure books if she would consult with her neurologist first. With her doctors approval, we began pressing on the points to start her massage and then finishing with a Swedish massage. She began sleeping with no disturbances immediately. Her doctor is thrilled with the improvement.

I also have several clients I do intra mandibular release technique inside their mouth for relief from TMJ pain. This is a neuromuscular technique using dental gloves on ones hands to friction around the muscles in and around the mandibular joint. I also thoroughly massage the outside of the jaw, face, neck, and shoulders. My clients tell me they get relief from their clinching pain for about a month.

There are many other conditions which massage can help. If you are experiencing a chronic condition, I encourage you to see your doctor and ask them if massage could be helpful or is contraindicated. With the licensure of massage, insurance companies are beginning to reimbursing customers for massage. I have forms for my clients to submit to their insurance companies. Please give me a call at 678-779-9102 to schedule an appointment and go to my web site at www.wrighttouchweb.com to learn more about Wright Touch Natural Health. Best of health to you. Rebekah F. Wright , LMT