



MASSAGE THERAPY: a solution to Chronic Pain



What is chronic pain?

Pain is absolutely necessary to our own survival. It is quite simply an alarm system. Pain is said to be chronic when it extends beyond the expected period of healing – in other words, when the pain remains in spite of treating the original cause. One person out of four – and soon one out of three as Canada's population ages – experiences what is called chronic pain. In Quebec alone, according to the *Association québécoise de la douleur chronique* (AQDC), more than one million people are affected.

Various conditions and pathologies can be associated with chronic pain, including:

- Fibromyalgia
- Osteoarthritis (arthrosis)
- Tendinitis, bursitis
- Irritable bowel syndrome
- Low back syndrome (lumbodinia)
- Duodenal ulcer
- Gout
- Rheumatoid arthritis
- Ankylosing spondylitis
- Cluster headache

IMPORTANT: Precautions to be taken

- Consult your doctor before starting massage therapy
- You must fill in a health questionnaire
- The massage therapist must be aware of your pathologies and the scope of your pain
- If you are going through a period of acute inflammation, you must advise the therapist as some contraindications may apply

The benefits of Massage Therapy

Massage therapy is an effective solution for chronic pain relief because it takes into account the physiological and psychological factors in pain. It provides many benefits, such as:

- Reduced joint and muscular pain
- Relief of tension points
- Release of endorphins
- Relaxation, stress reduction
- Enhanced sleep quality
- Better mobility
- Better blood circulation
- Reduced migraine frequency
- Increased level of energy
- Better management of chronic pain attacks

Helpful tips

There are many massage techniques that can help relieve chronic pain, including:

Swedish: This highly popular biomechanical technique using oil rehabilitates tired, atonic or inhibited muscles.

Shiatsu: This energetic massage uses acupressure with the thumbs, elbows and feet, focused on the meridians and energy points.

Masso-kinesitherapy: This approach is a combination of massage therapy and mobilization techniques applied to improve movement. For people of all ages, from children to seniors who have lost some mobility.

Dr. Vodder's manual lymph drainage: This technique is an effective treatment for inflammation and edema. It is a very gentle form of massage that encourages the flow of the lymph fluid.

Trigger Points Massage: This technique involves applying direct, focused pressure on painful muscular points (or knots) until the constricted areas are released, thus relieving the pain.

Deep Tissue Massage: This is a traditional form of massage that uses slower, firm strokes and pressure focused on the painful and tense areas.

For more information, please contact

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