

Therapeutic Massage vs. Relaxation Massage

There are actually two kinds of massage: **therapeutic massage – medical massage** and relaxation massage. Both types offer benefits, and both are effective, but they have a very different purpose.

Typically, you'll find relaxation massage at a spa, or a Licensed Massage Therapist that specializes in spa treatments. The massage will be pleasurable and relaxing, but don't expect detailed discussion of your health needs.

If you have particular health needs, **therapeutic massage** is likely more suitable. Often, health care professionals recommend it for injuries and pain, or after a competitive sports event or intense workout. This treatment often takes place in a clinic setting. It may also be combined and compliments well with physical therapy or osteopathic manipulation if that is appropriate for your needs.

Massage can help with:

- *Decrease muscle pain
- *Decrease spasms and strained muscles
- * Increase range of motion, and mobility of a joint or joints
- * Decrease stress and high blood pressure
- * Increase circulation
- *It can help improve postural imbalances
- * Massage is great for sports injuries, motor vehicle injuries, as well as work related injuries.