

Is Massage a Quick Fix? Can a Massage Therapist "fix" me?

Over the past several months I have heard occasional comments from clients who seem to be looking for a "quick fix" when they have massage. So, this offers me the opportunity to provide some education!

Refer to my "Benefits of Massage" page on my website. Many of the benefits are on a cellular level, so you won't necessarily feel any improvement overall right away. But it's important to continue with sessions in order to become as healthy as you can! It's similar to eating foods that lower your cholesterol, even though you won't "feel" your arteries becoming less clogged. On the other hand, you will immediately feel refreshed and relaxed and will be better able to deal with your life.

The positive effects of massage are cumulative, and the body relaxes more quickly the more massage you get. That's why it's a good idea to have massage often (once a month or more frequently). This is especially true for clients who have specific areas of injury or tightness. If a client doesn't exercise or stretch, and has become tight in several muscle groups, or has tight fascia, one or two massages probably won't fix them. Just like taking one pill won't fix a medical issue, one massage won't undo months of poor posture or stress. The problem has become worse over many weeks, so needs to be worked out over several weeks of sessions. And if you'd like the therapist to stretch you while you're on the table, be sure to tell them him/her that.

Also, it's important to do self-care and not expect your therapist to fix your aches for you. That's why I so enjoy teaching people about how to live a holistic lifestyle: eating right, exercising, stretching, getting massage, reducing stress, combining eastern and western medical modalities, taking responsibility for your own health, etc. If a body is rested and has good "fuel" (food), then it is able to start healing itself and will get back into balance. A massage therapist helps your body get to that point so YOU do the healing on your own.