

Best Type of Massage For Pain Relief

 matrixmassagespa.com/best-massage-for-pain-relief

Heading to the Delta Center to watch the Jazz play their rivals can be a great outing with friends, but irritating aches and pains that won't seem to go away can quickly ruin it. Whether you have nagging discomfort in your neck and shoulders, or lower back pain triggered by sudden movements, each can cause a variety of lasting issues that lower your quality of life.

Types of Massage

Fortunately, though, most pain can be quickly alleviated by massage of different kinds. Here are the best types of massage for pain relief so you can get rid of the ache and get on with your life.

Deep Tissue Massage

A common form of massage in the United States, this type entails manipulating the layers of muscle and tissue beneath the skin in order to promote recovery and pain relief. Many sources of pain in the body come from muscle tissue that has been regrown poorly after injury, overuse, or misuse – deep tissue massage is aimed at aligning the tissues in the correct manner, and promoting the restoration of proper blood flow in the area. Those who have suffered from muscle tears in the past will also benefit greatly from this type of therapy.

Reflexology

While many people believe that reflexology strictly involves the patient receiving a foot massage, this type is truly much more complex than that. Reflexology entails the practitioner manipulating specific points on the foot that correspond to internal organs, thus promoting proper function within the patient's body. This type of massage is extremely relaxing, and can help relieve internal pain that a patient might be experiencing.

It is also extremely beneficial for those that work or move on their feet often, as it can relieve aches and pains that are a direct result of walking or running for hours on end.

Shiatsu Massage

This is a great alternative for those who are unable to withstand the intensity of deep tissue massage, yet are still looking for an efficient method that will quickly reduce their aches and pains.

Shiatsu massage entails the practitioner manipulating specific points on the body, applying gentle pressure for a specific period of time, and moving forward with the goal of increasing blood flow and overall balance in the body of the patient. The massage is closely tied with the

practice of acupuncture, as the points pressed by the practitioner are exactly where the needles would be placed if acupuncture were to be used.

Many recipients of this type of massage feel extremely relaxed afterwards, and report both the reduction of pain and the improvement of mood, most likely from the practitioner's application of pressure on spots that are directly linked to internal balance. And because of the gentle nature of this therapy, patients rarely ever feel sore or tight during the days following.

Pick the Best Massage for You

Different types of massage will aid patients in a variety of ways, and it is important to discover what the best treatment option is for you. But no matter what you choose, after receiving a massage you will feel fewer pains and enjoy a better quality of life overall.