

# Massage Away Knee Pain at Matrix Massage & Spa

---

 [matrixmassagespa.com/massage-knee-pain-matrix-massage-spa](https://matrixmassagespa.com/massage-knee-pain-matrix-massage-spa)



If your knees ache in cold weather or all the time, massage can cut the pain down. Ask your Matrix Massage & Spa therapist how knee massage can treat pain for osteoarthritis, injuries and other conditions that cause achy knees. Many adults suffer from osteoarthritis, which wears down the cartilage in your joints and makes it harder for your knees to absorb the shock when you walk, run and move. Cutting down knee pain helps you stay active. We train our massage therapists on how to massage knee joint pain so you can resume your daily activities faster.

## Massage Therapy for Knee Pain

---

As you get older, old and new injuries, such as strains, falls and sprains, can cause knee pain. Your knees bear the weight of your upper body and make walking possible. Many older adults experience joint pain and stiffness on a regular basis, especially during colder weather.

It's a good idea to see your doctor or specialist before seeking a massage for knee pain. Depending on the diagnosis given by your doctor, massage therapy may be beneficial in alleviating your pain.

For example, arthritis degenerates joint surfaces that aren't accessible to massage. However, patellar tracking disorders or tendinosis are very responsive to massage since the patella is readily accessible. In general, massage loosens tissues and can alleviate stiffness and pain in the area. ***Knee pain due to overuse responds to Swedish massage, which uses kneading and long, gentle strokes to soothe overworked muscles.***

## How to Massage Knee to Reduce Pain

---

There are three types of massages at Matrix Massage & Spa that can be modified to treat stiff, sore knees and the surrounding areas.

**Swedish Massage:** *Working in gentle circular movements and kneading deeply into muscles, our Swedish massages relax the body and mind. Relax and take the weight off your knee as your therapist combines beneficial essential oils that help release stress and tension around your knees.*

**Hot Stone Massage:** *Hot stone massage applies heat to draw out pain and relax the muscles of your leg and back. The weight of the hot stones induces a relaxed state that promotes health and clarity.*

**Deep Tissue Massage:** *Schedule a deep tissue massage to loosen strained muscles that bunch up when knee pain flares up. Muscle pain causes tension to build, which can result in injury. When we perform a deep tissue massage for painful knees, your therapist focuses on unknotting muscles to reduce stress and get your blood flowing again.*

Work with your physician and therapist to figure out which massage can net the greatest pain reduction.

## Matrix Massage & Spa

---

Whether you have suffered an injury or have a progressive bone or joint condition, knee pain can slow you down. Come to Matrix Massage & Spa to relieve stiffness and soreness for increased mobility. We want to help you maintain an active, healthy lifestyle with some TLC for your knees. Our experienced massage therapists can also help with other problem areas and trigger points. Contact us for an appointment today.