

What Are the Benefits of Swedish Massage?

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For many years, massage therapy has been highly regarded for its health benefits. It is widely considered as one of the safest and most effective natural interventions for pain management especially among adults. In particular, Swedish massage is proven to be a valuable therapy intervention for certain medical conditions like insomnia, digestive disorders, and even stress.

History

People usually resort to massage therapy for various reasons especially in the United States. According to National Center for Complementary and Alternative Medicine (NCCAM), massage therapy has attracted more attention in the West especially since the Renaissance period.

Until today, there are still many people who believe that Per Henrik Ling, a Swedish psychologist, was the first physician who developed and applied the techniques in a typical Swedish massage. The truth is that it was Johan Mezger, a Dutch doctor and gymnastics teacher, who first practiced these techniques and then eventually adopted the French words *petrissage*, *effleurage*, and *tapotement* to refer to the various massage strokes.

Swedish Massage and Its Health Benefits

- **Anxiety Disorder**

In the United States, there are at least 40 million Americans who suffer from anxiety disorders. The National Institute of Mental Health reports that women and teens are more vulnerable to this type of condition. According to NCCAM, a single Swedish massage session can greatly benefit patients who are suffering from anxiety disorder. If properly performed by a licensed and highly trained massage therapist, Swedish massage allows you to feel more calm and relaxed during and after the session.

- **Digestive Disorders**

Chronic constipation afflicts hundreds of individuals every day. Aside from a well-balanced diet, health experts also recommend Swedish massage to help release tension in the abdominal area. A gentle manual pressure applied to the abdomen can effectively decongest your digestive tract.

- **Insomnia**

Insomnia is a common problem nowadays. The usual signs include daytime drowsiness, inability to sleep despite extreme physical exhaustion, and tension headaches. The University of Maryland Medical Center claims that only 35 percent

of Americans these days get at least eight hours of sleep every day. Positive lifestyle changes are needed if you have sleeping problems. Aside from dietary and physical adjustments, health practitioners also recommend stress reduction activities, aromatherapy, and regular Swedish massage.

- **Headaches**

Swedish massage is one the top three common massage modalities that are currently used to relieve muscle tension and headaches. According to Florida Board of Massage Therapy, at least 28 percent of massage therapists provide services to clients who complain about recurring headaches. Swedish massage is an effective method to reset muscle tone and gradually loosen tightened muscles due to poor physical posture, stress, and injury.

It is highly recommended that you seek an expert medical advice especially when you are struggling with a serious medical condition before you consider getting a massage. Most important is to look for a licensed and well-trained massage therapist who can provide you with professional and quality services. Consider getting a massage from a board certified and skilled massage therapist if you want to feel better and stronger.