



*Andover*  
**Physical Therapy**

Physical Therapy  
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## **Therapeutic Massage: Does More Than Feel Good**

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Therapeutic massage is when a therapist is rubbing the soft tissues of the body such as muscles. Massage may be helpful in decreasing stress, muscle tension and pain. It can decrease edema. Massage can also improve blood circulation and allow for relaxation.

There are 80 different types of massage. Some are gentle and some are aggressive with a high intensity. Here are two types that physical therapy can use.

The most common is the Swedish massage. This type is used to promote relaxation, increase blood flow and decrease muscle tension. This technique uses long gentle gliding strokes on the top layer of the skin to promote blood flow to the heart. The therapist may also knead the muscles to decrease muscle tension.

The second type is deep tissue massage, which is more active and intense. The therapist will use shorter strokes with more pressure. This style is used to work the deeper tissue. When you have any type of massage, let your therapist know if there is discomfort during the massage.