

HUMAN PERFORMANCE CENTRE

Need to know the many benefits of massage therapy? We Can Help!

It is April. Spring has arrived. Have you booked your massage appointment?

Gardening, cleaning, stress, new activities, old injuries, sleep problems, headaches; massage can help with them all. You can receive a massage at the Human Performance Centre. We have 2 registered massage therapists available for day and evening appointments, Monday to Friday.

Receiving a massage is accessible and is not just for relaxation. It relieves pain and inflammation and it has been proven in studies. According to the American Massage Therapy Association:

- 75% of the individuals surveyed claim their primary reason for receiving a massage in the past 12 months was medical (including pain relief, soreness, stiffness or spasm, injury recovery, migraines, and injury prevention).

- 61% of the individuals surveyed stated their physician has recommended they get a massage.

- Individuals who receive massage are also looking for medical settings to receive their massages more than ever before so, what has changed? Why are we moving away from these previously held beliefs about massage therapy? There are a lot of reasons, including the improvement in massage curriculum, the large number of continuing education

opportunities, and the increasingly strict license requirements. The latest research has shown, on a cellular level, that massage therapy helps the body heal. Even after one session, the body starts responding to massage therapy. Researchers did blood and muscle tests on individuals before and after a vigorous workout; one group received massage therapy after exercise and the other group didn't. The 'after massage' results surprised researchers. The post-massage blood and muscle tissue showed an increase in a gene responsible for mitochondria development. The mitochondria are known for cell growth and energy production. The lifting and kneading of muscle tissue, common Swedish and deep tissue technique, also was

shown to 'turn off' genes associated with inflammation. This proves on a cellular level that massage therapy is improving recovery time after exercise and injury and you can receive treatment at your local physiotherapy clinic.

Make your appointment today!



Alexandra Sullivan RMT, CST
Alex is a Registered Massage Therapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact her at 738-8299.