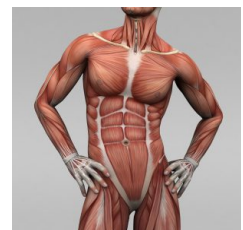
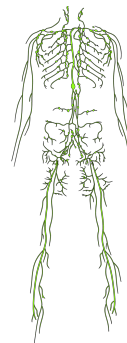
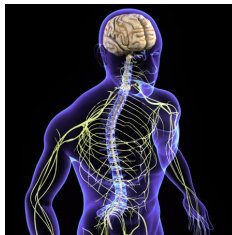
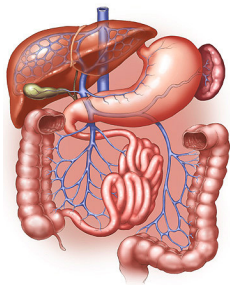
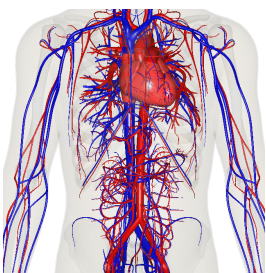
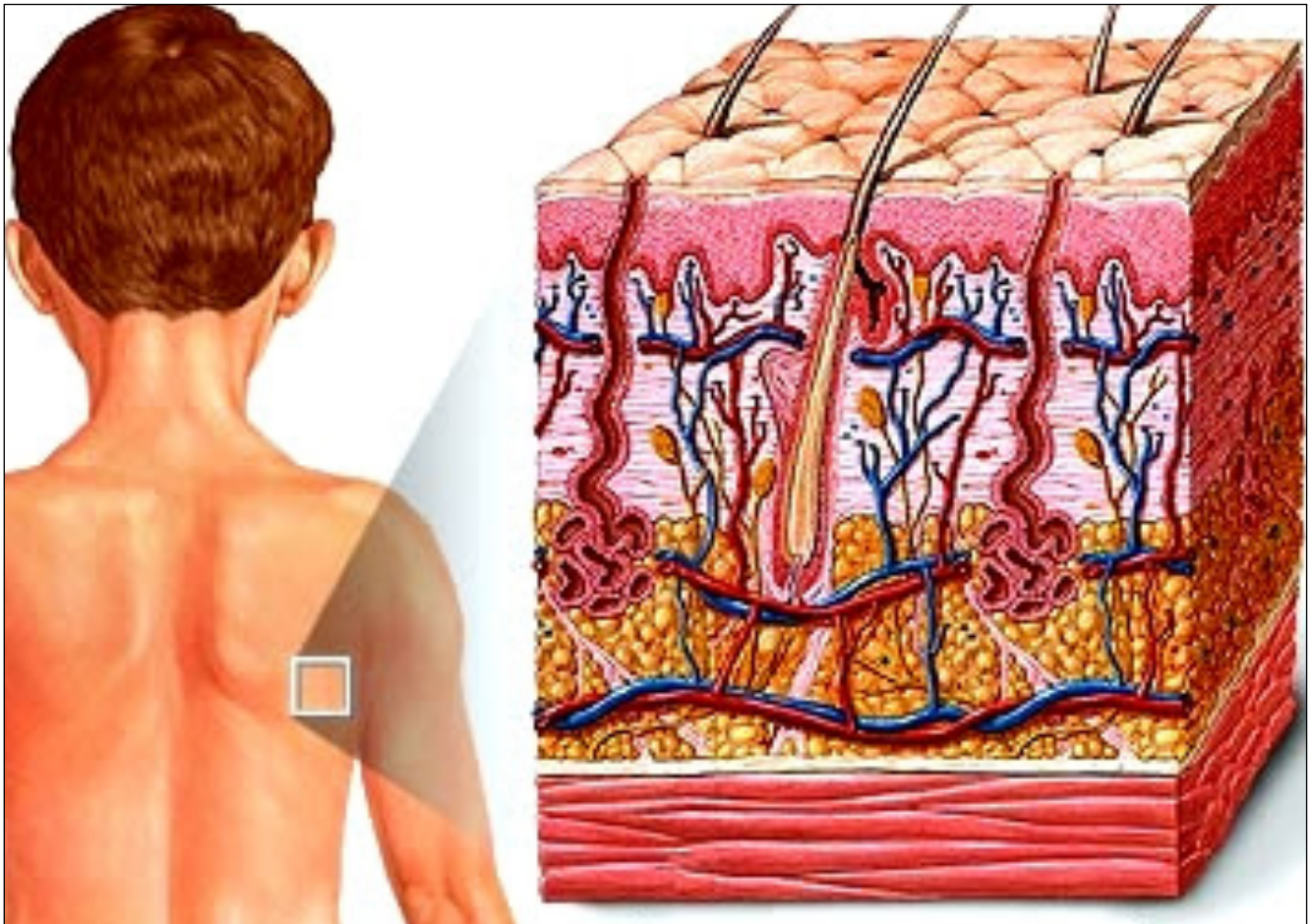


The basic biology of massage

The tissues of our body & Benefits of massage Therapy



Introducción

What Is Massage Therapy?

The term “massage therapy” includes many techniques, and the type of massage given usually depends on your needs and physical condition.



What the Science Says About the Effectiveness of Massage

A lot of the scientific research on massage therapy is preliminary or conflicting, but much of the evidence points toward beneficial effects on pain and other symptoms associated with a number of different conditions. Much of the evidence suggests that these effects are short term and that people need to keep getting massages for the benefits to continue.

Researchers have studied the effects of massage for many conditions.

Some that they have studied more extensively are the following

Pain
Cancer
Mental health
Fibromyalgia
Headaches
HIV/AIDS
Infant care
Other Conditions

What the Science Says About the Safety and Side Effects of Massage Therapy
Massage therapy appears to have few risks when performed by a trained practitioner. However, massage therapists should take some precautions in people with certain health conditions.