

Arthritis: There is Relief

Living With Arthritis

Arthritis is the leading cause of disability, reduced quality of life, and high health care costs in the U.S. Of the 46 million Americans who suffer from arthritis, nearly half say that arthritis limits their normal activities. The good news is that recent studies suggest that massage can help reduce pain and increase mobility in those who suffer from arthritis (Milivojevic,1).

Managing Arthritis Pain: A Brief History

More than 2,000 years ago, Greek physician Hippocrates wrote that doctors should be experienced in “Rubbing that can bind a joint that is loose and loosen a joint that is too hard.” Today, massage is still a popular way to manage arthritis pain (Massage, 1). At Effective Chiropractic, our licensed massage therapist helps improve joint movement, relax tense muscles, and stimulate the flow of blood and nutrients to the skin and underlying tissues. What’s more, this relaxation helps break the cycle of pain and stress that often accompanies arthritis.

Clinical Studies

In 2006, researchers from Yale Prevention Research Center held a 16-week clinical trial involving 64 individuals with arthritis. This trial showed that massage therapy improved flexibility, lessened pain and improved range of motion in the participants. This is the first clinical trial of its kind in this country and it validates what many massage therapists have experienced anecdotally. Researcher Adam Perlman, MD says that, “Ultimately, massage may be shown to lessen a patient’s reliance on medications and decrease health care costs. Our hope is to show that this treatment is not only safe and effective, but cost effective” (Milivojevic,1).

Massage Brings Relief, Relaxation, And Sleep

A study conducted by the Touch Research Institute at the University of Miami School of Medicine showed that ongoing massage could lower anxiety, reduce pain, and improve grip strength for those with arthritis. Additionally, a common thread between arthritis sufferers is lack of deep sleep. Tiffany Field, PhD and director of the Touch Research Institute noted that, “When you are deprived of deep sleep, certain kinds of pain chemicals are released.” With regular massage, our therapist can actually help you get more deep sleep. “It’s this deep sleep that’s truly important because that is where the restorative process is happening,” says Field. This is doubly important, as not only can ongoing massage help you sleep better, but it can also decrease your pain during the day.

Communication Is Key

At Effective Chiropractic, we understand that there are many forms of arthritis, it’s a chronic condition, and there is no cure. Our licensed massage therapist uses several different massage modalities, each of which is customized to help with your specific needs. Most importantly however, we practice constant communication before, during, and after each session. This ensures that our therapist properly understands your tolerance level, and that you receive a massage that is both relaxing and therapeutic every time. If you ever have questions or concerns with whether massage is right for you, please consult one of our chiropractic doctors.

What Are The Benefits Of Regular Massage?

Here's the beauty of massage: Not only does each session feel great, but the therapeutic benefits are compounded when massage is utilized as a frequent therapy. The more you go, the healthier you feel. With our affordable 30, 60 and 90 minute sessions, you can enjoy these benefits as often as you'd like. Make your appointment today!

Sources Include:

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Massage Therapy Journal.

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