

# Massage Therapy Enhances Post-Operative Rehabilitation

In medicine, surgical procedures are many times the only way to achieve lasting relief, although, the surgery itself is just one step in making long term results successful.

Many consider the most important component of a successful surgical procedure to be the post rehabilitation process. It is during this process that natural movement is re-learned, and freedom of movement is re-enforced. Massage plays an important role as a supplement to standard rehabilitation procedures.

By increasing circulation and relaxing muscles, massage helps the body to pump more oxygen and nutrients into tissues and vital organs. This allows the rehabilitating areas to become more flexible and heal at an accelerated rate.

## Enhance Post-Operative Rehabilitation Benefits

- Assists the body in pumping more oxygen and nutrients into tissues and vital organs
- Accelerates the rehabilitation process
- Aids in improving joint movement and flexibility