

# ~ Therapeutic Massage for Injury Treatment ~

## How Can Massage Treat My Injury?

Whether you have an acute muscle injury or a chronic, aching injury massage can help. Your therapist will be using different techniques to stop muscle spasms, stretch and realign muscle fibers and fascia, break up scar tissue, release old trigger points, and remove waste and debris from injured muscles. This will allow new blood to circulate; bringing in fresh oxygen to cells and tissue. All of this speeds the healing of the damaged muscle while relieving pain and discomfort.

In addition, your massage will enhance circulation, relax the nervous system, improve joint function and flexibility, improve lymphatic flow and give you a sense of well-being.

## Will Massage Ever Hurt?

In general, massage is a relaxing experience that feels good. In some cases, treatment of a tight muscle or treatment on a painful injury may at first cause some discomfort, which will lessen after several minutes. A trained therapist knows that to have the most profound effect, deeper is not always better. Pressure is suited to your comfort level and does not go beyond.

## How Often Will I Need Treatment and For How Long?

Frequency and length of treatment will depend upon how long you have had the injury, severity of injury, and how your body responds to treatment. Initially, your therapist may need to see you twice a week for several weeks to reduce pain levels and start your recovery. After that, you may need weekly massage until you reach a maintenance level of care. The sooner you receive massage after an injury the quicker your healing will progress.

## Will My Insurance Cover Massage Therapy?

Massage is becoming more and more recognized as a valid modality to use in treatment of soft tissue injury. As this acceptance continues to broaden, more private insurance companies will pay for massage when there is a medical need. Check with your individual carrier to see if massage is available to you. In most cases a doctor's referral is needed and there must be proof of medical necessity.

Personal Injury Protection (PIP), primarily from car insurance, will cover massage with a prescription. Workman Compensation Plans may also cover massage with a doctor's referral as part of a rehabilitative program.



***“Massage can break the cycle of spasm and pain, decreasing both.”***