

THE

PHYSIOLOGICAL

EFFECTS

OF

OFF MASSAGE

- Helps increase joint mobility by reducing any thickening of the connective tissue and helping to release restrictions in the fascia.
- It helps to free adhesions, break down scar tissue and decrease inflammation. As a result it can help to restore range of motion to stiff joints.
- Massage improves muscle tone and balance, reducing the physical stress placed on bones and joints.
- Massage relieves muscular tightness, stiffness, spasms and restrictions in the muscle tissue.
- It increases flexibility in the muscles due to muscular relaxation.
- It increases blood circulation bringing more oxygen and nutrients into the muscle. This reduces muscle fatigue and soreness.

- It promotes rapid removal of toxins and waste products from the muscle.
- It can decrease the heart rate due to relaxation.
- Helps to reduce oedema by increasing lymphatic drainage and the removal of waste from the system.
- Regular massage may help to strengthen the immune system, due to the increase in white blood cells.
- Massage stimulates sensory receptors: this can either stimulate or soothe nerves depending on the techniques used.
- It also stimulates the parasympathetic nervous system, helping promote relaxation and the reduction of stress.
- Massage helps to reduce pain by the release of endorphins (endorphins are also known to elevate the mood.)

- Massage deepens respiration and improves lung capacity by relaxing any tightness in the respiratory muscles. It also slows down the rate of respiration due to the reduced stimulation of the sympathetic nervous system.
- Massage can bring about many benefits to the skin, improved circulation to the skin, increased nutrition to the cells and encouraging cell regeneration.
Vaso-dilation of the surface capillaries helping to improve the skins colour.
Improved elasticity of the skin. Increased sebum production, helping improve the skin's suppleness and resistance to infection.
- Massage can have positive effects on the digestive system by increase peristalsis in the large intestine, helping relieve constipation, colic and gas.
Promote the activity of the parasympathic nervous system, which stimulates digestion.
- Massage increases urinary output due to the increased circulation and lymph drainage from tissues.

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