



The Benefits of Massage Therapy in Long Term Care and Retirement Communities

Massage Therapy has a proven history of effectiveness as a primary or additional therapy for almost any condition that includes a stress component. The therapeutic touch provided by a Registered Massage Therapist can be beneficial for many conditions, but is predominantly helpful if your loved one is in a wheelchair or his/her mobility is limited. Reduced mobility causes the circulation in the body to diminish and nerve function to decline. The outcome leads to the degeneration and shortening of the muscle, resulting in rigid joints that cannot straighten normally. Shortened muscles due to inactivity or immobility can be helped with massage and gentle stretching. As stress and tension is relieved, minor physical ailments sometimes disappear. A reduction in bodily & muscular tension promotes an overall relaxation response, which in turn can produce benefits such as:

- Greater ease in breathing
- Increased mobility
- Increased appetite
- Improved digestion and elimination
- Decreased need for pain medication
- A more restful sleep
- Increased balance & coordination

Improving circulation in the body leads to:

- Preventing or reducing edema
- Prevent pressure sores
- Speed the healing process from surgical procedures
- Increase energy
- Promote better sleep

Other Physical Benefits:

- Reduce contracted or tight muscles
- Alleviate tension
- Increase range of motion and decrease joint stiffness
- Boost immune system
- Decrease pain
- Calm the nervous system

Who Else Can Benefit from Massage Therapy in the LTC and Retirement Communities?

- Alzheimer's/Dementia residents
- Post stroke
- Post surgery
- Residents with decreased circulation
- Irritable bowel syndrome
- Residents with fractures, plantar fasciitis and frozen shoulder
- Residents with increased edema
- Residents with Chronic pain
- Residents with decreased ROM
- Chronic bronchitis/emphysema
- Residents with Parkinson's or MS
- Palliative care residents
- Anyone can benefit in some way



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Specific Benefits for Alzheimer's and Dementia Care Residents:

- Increased circulation
- Pain relief and stress reduction
- Address feelings of isolation and abandonment
- Prevent and cope with challenging behaviours
- Decrease need for drug intervention

Specific Benefits for Palliative Care Residents:

- Helps reduce feelings of isolation & loneliness
- Encourages emotional expression
- Helps calm spirit as well as body
- Helps sustain feeling of self-esteem and self worth
- Provide reassurance that the person is not alone
- Non pharmacological pain relief
- Provides a non-verbal communication for those who no longer speak.
- All of the previously mentioned benefits of Massage Therapy

The prevalence of pain in elders is known to be twice that of younger individuals; in community-residing elders, the prevalence of pain ranges from 25-50%. In the Long Term Care Settings, the prevalence of pain can be as high as 85%.

PAIN MANAGEMENT PROTOCOL,
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For more information or to schedule an Initial Assessment with a Registered Massage Therapist, Please contact you're on-site Family Physiotherapy Centre Representative

Registered Massage Therapist

Contact number