

# #363 Massage Transcript

## Massage Brochure

Header: Massage

Q: What is a Massage?

A: Massage is a term describing a variety of techniques using the hands, mechanical or electrical apparatus to stimulate or soothe soft tissues of the body for therapeutic purposes.

Q: How does Massage work?

A: Massage works by kneading and stroking muscles to relax them, and uses friction to stimulate soft tissues. This therapy can increase blood and lymph circulation while breaking up scar tissue between muscle fibers.

Q: What does Massage feel like?

A: Therapeutic massage and its effects vary with each individual. Clothing is usually removed from the area treated and the patient should be relaxed and comfortable. A lubricating oil or powder is used to reduce friction during the circular stroking and compression of soft tissue.

Q: Why is Massage used?

A: Massage is useful in many conditions in which body relaxation, the reduction of swelling, and muscle mobilization is desired. Massage can be helpful in overcoming the swelling and pooling of fluids at the site of recent injury or trauma.

### Patient Benefits

Enhances joint and muscle function  
Improves circulation  
Increases metabolism  
Promotes the healing process

Caption: Consult your doctor before the self-administration of any therapy.

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(800) 937-3113