

Patients commonly have massage treatments for general relaxation and well-being, or to address a specific complaint, such as pain or limited range of motion. Research suggests massage therapy may contribute to both goals.

Some of the general benefits of massage therapy may include:

- Physical relaxation
- Improved circulation, which nourishes cells and improves waste elimination
- Relief for tight muscles (knots) and other aches and pains
- Release of nerve compression (carpel tunnel, sciatica)
- Greater flexibility and range of motion
- Enhanced energy and vitality
- Some clinical styles may also help heal scar tissue as well as tendon, ligament, and muscle tears