

## Can Massage Increases Blood Circulation?



Better blood circulation is part of the chain reaction that occurs in the body as a result of receiving massage therapy on a regular basis.

Massage facilitates circulation because the pressure created by the massage technique actually moves blood through the congested areas. The release of this same pressure causes new blood to flow in. The squeezing and pulling also flush lactic acid from the muscles and improves the circulation of the lymph fluid which carries metabolic waste away from muscles and internal organs, resulting in lower blood pressure and improved body function.

A person with poor circulation can suffer from a variety of discomforts including pooling of the fluid in the extremities [like the toes], cold hands and feet, fatigue, and achiness created by an accumulation of lactic acid in the muscles. Good circulation brings damaged, tense muscles the oxygen-rich blood they need to heal.

Massage is generally considered part of integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

### **Massage benefits**

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy, and alertness
- Lowering heart rate and blood pressure
- Improving immune function

## **Risks of massage**

Most people can benefit from massage. However, massage may not be appropriate if you have:

- Bleeding disorders or take blood-thinning medication
- Burns or healing wounds
- Deep vein thrombosis
- Infections
- Broken bones [fractures]
- Severe osteoporosis
- A very low platelet count [severe thrombocytopenia]

Discuss the pros and cons of massage with your doctor, especially if you are pregnant or if you have bad cells or unexplained pain. Some forms of massage can leave you feeling a bit sore the next day. But massage shouldn't ordinarily be painful or uncomfortable. If any part of your massage doesn't feel right or is painful, speak up right away. Most serious problems come from too much pressure during massage.

### **Sources:**

1 <https://www.messageenvy.com/about-us/me-magazine/improves-circulation#:~:text=MESSAGE%20AND%20BLOOD%20CIRCULATION&text=Massage%20facilitates%20circulation%20because%20the,new%20blood%20to%20flow%20in.>

2 <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743>