

Read great advice on:

TIME FOR A MASSAGE?



How Often Do I A Massage?

'How often do I need a massage?' Or put another way 'when should I have my next appointment?'

What you are asking the therapist to do is access a number of factors often conflicting, such as:

- Length of time with the condition
- Severity of the condition, whether it's a sprain, strain or tear
- Type of condition, chronic or trauma
- Your body's recovery time which in itself will depend on your work, lifestyle, exercise patterns, diet, whether you smoke, alcohol intake, your genes
- Previous treatment
- Whether you are a professional sports person, serious amateur, casual and sporadic participant of exercise or exercise averse – these various levels of activity usually determine what I call 'your incentive to recover'
- What the client does between massage sessions
- Your finances

Prior to therapy the therapist should seek to ascertain answers to the above factors through a consultation. There are other reasons for the consultation but that's for another article.

The professional sports people who need to return to competition as soon as possible will put up with the pain, discomfort and invest the time that daily sessions require. Where as an amateur who regularly exercises, will not be under the same recovery time pressure that 'competition' demands and therefore weekly therapy sessions would be considered adequate particularly when work and financial demands are taken into account.

To fully recover from injury or chronic conditions, periodical massages perhaps on a monthly or twice monthly basis may well be the way forward. Massage Remedies combines massage therapy with mobility and strengthening exercises as a well-trodden path to full recovery.

For more information please email or call, we will gladly provide our expertise for your benefit.

Warm regards,

Clive Sinclair

Senior Massage Therapist
Massage Remedies
e: clive@massage-remedies.co.uk