



Natural Health Practitioners of Canada
Praticiens de la Santé Naturelle du Canada

MASSAGE THERAPY

For Pain Management



Post Surgery

Research shows Massage Therapy (MT) can reduce pain and anxiety in patients when used before and after surgery



Low Back Pain and Musculoskeletal disorders

MT provides short-term relief for individuals with musculoskeletal disorders and those experiencing low back pain and disability



Burn Patients

MT may alleviate short-term pain in burn patients following the application of medical or surgical interventions aimed at managing and treating burns



General

MT reduces pain intensity and improves anxiety and quality of life compared to other treatments, including pretend treatments, exercise, relaxation techniques, or physical therapy