



Massage Therapy

Massage therapy can be utilized for many purposes to include pain relief, rehabilitate sports injuries, reduce stress, increase relaxation, reduce stiffness, boost immunity, control blood pressure, address anxiety and depression and aid in overall good feelings and wellness. Between July 2010 and July 2011 approximately 38 million American adults had at least one massage. Sailors, Marines, and family members can use massage to address many of their health, medical and psychological issues. The manipulation of muscles and other soft tissue in the body can aid in the reduction of knots that can cause pain in the lower back, chronic neck pain and improve moods. Massage therapy can be obtained at some Naval Hospitals and Fitness Centers. Service members can use massage in combination with traditional medicine.



Resources

National Center for Complimentary and Alternative Medicine

<http://nccam.nih.gov/health/massage/massageintroduction.htm>

Navy Hospital Camp Pendleton

http://www.navy.mil/search/display.asp?story_id=52021

Navy Special Warfare Physical Fitness Program

http://www.navy.mil/search/display.asp?story_id=39948

Naval Medical Center San Diego Morale, Welfare and Recreation

<http://www.med.navy.mil/sites/nmcSD/Patients/Pages/services/MWR.aspx>

American Massage Therapy Association

<http://www.amtamassage.org/index.html>