



## 5 Ways Massage Can Improve Your Health

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Massage therapy can play an important role in your health regimen. See what the research says about massage for health and wellness.



**1. Reduce stress** - The longterm effects of stress can take emotional and physical tolls. Massage therapy [may relieve stress](#) and conditions associated with it, such as [tension headaches](#).

**2. Get better sleep** - [Research indicates](#) that massage can improve sleep in those with lower back pain, fibromyalgia, insomnia, pain and other health conditions.

**3. Boost mental health and wellness** - [Research suggests](#) that symptoms of stress, anxiety and depression (all associated with mental health) may be directly affected with massage therapy.

**4. Manage pain** - Pain can negatively affect a person's quality of life and impede recovery from illness or injury. [Research shows](#) massage can help low-back pain, headaches, Carpal Tunnel Syndrome and more.

**5. Increase range of motion** - Elite and recreational athletes alike can [benefit from massage therapy](#). Massage can help reduce muscle tension, improve exercise performance and prevent injuries.

### Find a Trusted Massage Therapist

Members of the American Massage Therapy Association (AMTA) are the [most trusted massage therapists](#) in the United States.



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## Massage for Health & Wellness

[25 Reasons to Get a Massage](#)

[WATCH: Mayo Clinic Physician on the Health Benefits of Massage](#)

[Low-Back Pain Sufferers: Massage Therapy Can Help](#)

"I am very glad to be aligned with a professional organization that gives so much to its members."

—**Satu F.**, *AMTA member since 2003*