



COMPLEMENTARY
HEALTH CENTRE
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ARTHRITIS AWARENESS MONTH OCTOBER 2017

Massage and Reflexology for Arthritis

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What is Arthritis?

Arthritis is a disorder that can cause pain swelling and restrictive movement of a joint or multiple joints. There are many different types but the most common are osteoarthritis, rheumatoid arthritis and gout.

Osteoarthritis is usually caused by wear and tear on the joints it is common in older people. The constant pain can cause irritability and anxiety.

Rheumatoid arthritis can occur at any age it is an inflammatory form of arthritis where the immune system attacks the joints causing swelling and intense pain and lack of movement within the joint increases the pain. The constant pain can bring about depression leading to inactivity which increases the pain.

Gout is a type of arthritis in which small crystals form inside and around the joints causing sudden attacks of severe pain and swelling. Again very debilitating and exhausting.

How can massage help?

Massage can encourage regeneration of cells, help release muscular tension and increase the range of movement reducing pain. It also is known to trigger the release of endorphins the body's own painkillers. It also relieves congestion in the muscle fibres which helps eliminate harmful toxins and aids circulation. Massage can be worked deep into the joints and muscle fibres or be relaxing and soothing.

Each person has unique requirements and these will be discussed during consultation the areas of most concern will be targeted and the type of massage which best suits your needs will be suggested.

Remedial massage is usually a full body treatment that focuses on areas of pain and discomfort to release tired muscles and aid regeneration of the cells. Various techniques including myofascial release and deep tissue massage are used to work the tissues and help with muscular and joint problems. The practitioner will be sensitive to your needs adjusting pressure to suit you.

Holistic Massage a full body treatment similar to remedial massage that uses eastern techniques and pressure points.



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Aromatherapy a specialised type of massage that focuses on the use of medicinal oils that target individual needs physically and emotionally using massage to sooth revitalise and release toxins.

Lymphatic drainage massage can help eliminate toxins helping the immune system work more efficiently. It helps drain excess fluids from around the joints which is helpful in arthritis.

Reflexology

The aim of reflexology in the treatment of arthritis is to relieve pain and reduce inflammation. Living with arthritis is more about managing the symptoms and improving your quality of life. That is where reflexology can help. Reflexology is a gentle non-invasive treatment whereby gentle pressure is applied to points on either the feet or the hands that correspond to specific areas of the body. The flow of healing energy is improved and toxins are released bringing the body into a deep state of relaxation and balance.

How can reflexology help?

Pain relief Regular treatments have been shown to reduce pain and alleviate the depression long term sufferers can experience.

Detoxification Regular treatment can help speed up the process of removing toxins from the body and will have a positive effect on your metabolic rate increasing circulation throughout the body. This is particularly significant in helping to reduce the symptoms of gout.

Improved sleep Reflexology brings about a feeling of deep relaxation which helps people who struggle with sleep which in turn helps you cope with pain management.

Reduce Stress Living with Arthritis and its discomforts can be very stressful and exhausting its debilitating effect can lead to other health problems. Regular treatments can help reduce stress and keep the body at optimum health.

Improved immune response some forms of arthritis are auto immune conditions rheumatoid being a good example. They develop as a result of the body's immune system attacking body tissues. Reflexology concentrates on rebalancing the body and bringing it into a state of homeostasis (balance) which means it encourages the immune system to respond normally.