

MASSAGE THERAPY FOR SENIORS



UP TO **38%** OF SENIORS AGED 65 AND OLDER
REGULARLY EXPERIENCE CHRONIC PAIN

MASSAGE THERAPY CAN BE BENEFICIAL FOR SENIORS BY:

- ✓ ALLEVIATING CHRONIC PAIN
- ✓ IMPROVING ENERGY AND DECREASING FATIGUE
- ✓ DECREASING SELF-REPORTED LIMITATIONS
- ✓ IMPROVING SOCIAL FUNCTIONING

ARTHRITIS

MASSAGE THERAPY CAN REDUCE PAIN AND IMPROVE PHYSICAL FUNCTION IN PATIENTS WITH OSTEOARTHRITIS

STROKE

MASSAGE THERAPY CAN DECREASE PAIN AND ANXIETY AND IMPROVE QUALITY OF LIFE AFTER A STROKE

DEMENTIA

MASSAGE THERAPY HELPS REDUCE PHYSICAL SIGNS OF AGITATION AND INDUCE RELAXATION IN PEOPLE WITH ALZHEIMER'S DISEASE AND OTHER FORMS OF DEMENTIA

**MASSAGE THERAPY CAN BE PROVIDED IN
CLINICS, HOSPITALS, LONG-TERM CARE
HOMES AND IN YOUR OWN HOME**



MASSAGE THERAPY CAN BE ADAPTED BASED ON YOUR HEALTH NEEDS, MOBILITY, LEVEL OF ABILITY AND PREFERENCES.



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