

I am often asked how often one should get a massage. While there is no set formula for this, and everyone is different, some general principles apply.

Many experts in the field of massage sum it up this way.

For general health and relaxation massage is recommended 1-2 times per month for people under light to moderate stress. This would also include people who are sedentary or who exercise only occasionally. Receiving massage therapy once or twice per month can have excellent health benefits and help reduce the effects of stress.

For people who have high-stress occupations or living conditions, or who travel frequently, we recommend a higher frequency of massage therapy - weekly or bi-weekly. In this case, massage therapy helps the individual to cope with their stress. Tension that builds up from stressful situations can be more easily managed with weekly massage. Additionally, just knowing that you will be receiving massage therapy each week or every-other-week can be comforting.

Reduction and management of pain requires a different type of schedule, often referred to as "diminishing frequency". People in severe pain not requiring medical intervention can and do receive massage therapy 1-2 times per week in the first week. Although rare, this may continue in the second and third week of treatment, depending upon the response of the individual to the massage therapy. When the pain is reduced, so is the frequency of massage therapy. At first it may be reduced to once per week, then every other week or less often.

Individuals with chronic pain syndromes, such as fibromyalgia, lupus, carpal tunnel syndrome, tmj, and chronic low back pain may also benefit from following a graduated schedule on an intermittent basis, depending on their symptoms.

At Sunflower Lane Therapeutic Massage, we believe that any time is a good time to get a massage. You don't need to wait until you're stressed or injured. In fact, massage should be part of one's regular self-care regimen. Establishing a routine massage schedule is a wonderful way to improve and maintain your health. Once the beneficial effects of massage on health and well-being are understood and experienced, the body develops a natural desire to experience these benefits as part of its healing rhythm. Listen to your own needs; there really is no hard and fast rule. You can never have too many massages but, generally, you and your therapist can determine the appropriate interval for your individual needs and pocketbook.