

## Massage Therapy For The Elderly

You've probably heard about how effective massage therapy for elderlies is by now, but you probably don't know why it is considered so beneficial. Well, although massage therapy has been practiced for a long time, the general public has only recently started to open their minds and hearts to this technique in recent years. It is now known, and proven, that touch therapy and massage helps reduce stress in elderlies – someone who is given the massage and touch therapy sleeps deeper and longer. Massage therapy provides elderlies with a very nurturing feeling and it [BLUE WATER HOMECARE](#) is especially helpful for adults with medical or physical problems. The more times they experience your touch, the calmer they will become. The calmer they are, the better they are able to deal with the medical interventions that they have to go through at their old age!



Massage therapy and touch therapy have a lot in common because they have a lot to do with motion of the hands over various parts of the body. The technique involves a lot of touching, stroking, and massaging of body parts. Massage therapy might even be a little bit on the painful side – but for elderlies, this is not the case. Some nursing professionals offer massage therapy services to elderlies they deliver. Professional nurses who offer these services will provide the technique to critically or seriously ill elderlies. These nurses work closely with the elderly's doctor and other nurses to ensure that the person's health is in no way endangered at all. Elderlies who are not medically challenged will also benefit from massage therapy. It has been shown that elderlies who are given massage therapy from an early age tend to age more alert, smarter, and healthier in general. Make sure you treat your parents right by giving them a free massage gift!