

5 Benefits of Chair Massage for Seniors



Wellness Challenges of Seniors	Benefits of Chair Massage
1. Strengthening Stability & Mobility to Prevent Falls	
<ul style="list-style-type: none"> • Falls account for 85% of injury hospitalizations for people age 65+ years. • Having a fall is the most common fear of older adults. A fall can lead to a decline in health, function and independence, and contribute to future falls with more serious outcomes. • Conditions like osteoporosis, diabetes, heart disease, poor circulation and sight problems can affect balance. • Aging, as well as side effects from medications, can diminish reflexes and reaction times. 	<ul style="list-style-type: none"> • Helps to reduce muscle stiffness and tension, and increase flexibility • Works on specific muscle groups, helping increase awareness of where the body is relative to surrounding objects • Enhances the feeling of being more stable and balanced on your feet • Helps reduce the “fuzzy” effect that can accompany certain medications
2. Reducing Chronic Pain	
<ul style="list-style-type: none"> • Chronic pain affects more than one-quarter of seniors living in households and close to four out of every ten in facilities. • Having chronic pain heightens stress and anxiety which magnifies pain. • Many seniors reach a point where pain medications no longer provide relief. • Chronic pain triggers a vicious cycle where the individual is unable to achieve restful, recuperative sleep. This sleep deprivation magnifies the sensation of pain. 	<ul style="list-style-type: none"> • Targets specific pain areas - reduces muscle tension and increases blood flow to help decrease pressure and discomfort • Reduces stress, tension and anxiety. This facilitates better sleep, which can reduce chronic pain • Helps the central nervous system produce “feel good” hormones, such as endorphins, and reduce the stress hormone cortisol

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3. Improving Circulation	
<ul style="list-style-type: none"> • Poor circulation is a common problem for seniors. • Poor leg circulation may result in restricted blood flow to the legs (known as Peripheral Vascular Disease). • Seniors who complain of cold feet and numbness due to poor circulation may be at increased risk of falling. 	<ul style="list-style-type: none"> • Enhances blood flow which helps reduce pooling of fluid in the limbs, and warms up hands and feet. • Helps reduce fatigue and aches from the build up of lactic acid in underutilized muscles. • Helps to bring oxygen-rich blood to the brain which enhances mental clarity.
4. Enhancing Relaxation & Sleep	
<ul style="list-style-type: none"> • One out of two seniors experience sleep deprivation. • Chronic sleep deprivation compromises the immune system and decreases a person's resistance to infections. • The ailments associated with aging cause sleep problems (e.g. physical disabilities, chronic pain, arthritis, respiratory problems, anxiety), not aging itself. • Between five and ten percent of seniors suffer from anxiety. • Anxiety is brought on by the losses sustained naturally during aging and thoughts of challenges and vulnerability from these losses. 	<ul style="list-style-type: none"> • Decreases stress and tension. • Enhances mood, helping make the individual more positive and resilient. • Improves sleep patterns due to reduced anxiety and pain. • Reduces inflammation and bolsters memory and alertness (from enhanced sleep). • Creates a "massage memory" over regular visits - the individual relaxes and experiences benefits more quickly in each subsequent session.

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5. Increasing Enjoyment of Daily Activities	
<ul style="list-style-type: none">• Less physically active seniors experience tighter muscles, and reduced flexibility and energy.• This impacts their balance, stability and mobility, and in turn, their confidence to become fully involved with outside activities.• Reduced involvement can lead to feelings of isolation and loneliness.• Staying active is an important part of keeping well and can help delay or prevent the onset of health complications.	<ul style="list-style-type: none">• Enhances mental clarity, energy levels and endurance.• Improves postural stability, balance and flexibility.• Boosts confidence and interest to keep active and take part in a range of activities.• Offers calming, positive human touch, and enjoyable regular social connection with others.• Creates a heightened sense of overall wellbeing.