3 Types of Massage That May Help Those with Gout

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Gout Massage

The reason why massage therapy can be helpful to those suffering from gout is because massage can increase the circulation and thus detoxification of uric acid, which accumulates in the joints. Massage is known to increase range of motion in the joints and decrease inflammation, two very beneficial benefits that gout patients need.

Which Type Can Work For You

What type of massage for gout should you ask for? Below is a list of different types that will benefit:

1. **Swedish Massage**
   Swedish massage is what massage therapists in the United States learn and master. It's a type of massage with long, sweeping strokes that leave you very relaxed by the end of the massage. Rolling, kneading motions and even tapping movements are used to break up the tension and knots in the muscles. When you have gout, it's important to let your massage therapist know this so they can focus on the joints that are affected.

2. **Reflexology Massage**
   Reflexology massage is used in combination with other types of massage in gout patients. This is a massage where reflexology points on the feet, hands and ears are held for about 30 seconds and/or massaged. When these points are stimulated, the result is improved functioning in the areas of the body such as glands and organs. Stress relief is also experienced.

3. **Raindrop Therapy Massage**
   This is another type of massage that may be used in combination with other forms of massage that directly target the joints affected by gout. Raindrop Therapy Massage is thought to be beneficial for the spine, and the spine provides a connection to the joints affected by gout through spinal nerves. In this form of massage, different essential oils are sprinkled onto the soles of the feet and the back including Peppermint, Wintergreen, Basil, Oregano, Thyme, Marjoram, Cypress and Aroma Sietz. After the first essential oil is sprinkled, the body is massaged. The different essential oils are used in a specific order with time in between for your body to absorb them. Because of the use of essential oils, you will also receive an aromatherapy benefit.

How To Select a Massage Therapist

One of the first things to consider in selecting a massage therapist is that you must feel 100% comfortable with them. When you interview the massage therapist on the phone prior to the appointment, be sure to note what your intuition is saying about your comfort with this person. If it's anything less than 100%, move on the next interview.

You may get referrals for massage from either a friend or from one of the massage associations in your area that certifies massage therapists. Another place to get an excellent referral is from a massage school. In fact, you could go to the massage school on certain days of the week (call them and inquire) and get a massage for a reduced rate. However, something to keep in mind is that the difference in massages that you will feel from someone in the business for five or more years compared to someone starting out is immense.

Getting referrals from friends is a little tricky because your friends may prefer different treatments. Thus, they have already selected a massage professional to suit their likes and body needs. Yours are no doubt different.

The important thing to do is to get started. You'll learn more as you begin getting massages.