

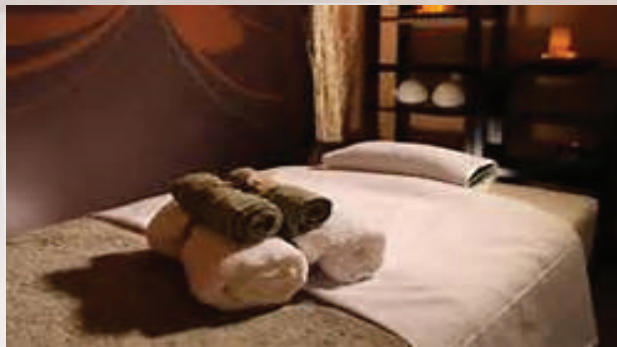
Massage Therapy at the



**HOPE, HEALTH
& HEALING CENTER**

By The Oncology Institute of Hope & Innovation

Benefits of Massage Therapy for Cancer Patients



Massage therapy is recommended by some health care professionals as a complementary therapy. Supporters believe massage therapy can help reduce stress, anxiety, and pain in people who have serious illnesses such as cancer. It is also known to help relax muscles. Many people find that massage therapy brings a temporary feeling of well-being and relaxation. Massage therapy is also used to relieve pain and stiffness, increase mobility, rehabilitate injured muscles, & reduce the pain of headaches and backaches.



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