

**Q:** What are the main types of massage?

**A:** Types of massage include:

- **Effleurage** is done with strokes over the body on the skin. It may be done with a vibratory massager.

**Benefits may include:** increases blood circulation, soothes the nervous system, relaxes and warms skin and muscles

- **Petrissage** is the pressing, rolling and kneading of muscles, skin and tissues. It may also be done with a shiatsu massager.

**Benefits may include:** loosens tight muscles and increases local blood flow

- **Tapotement** is rapid tapping, clapping, and beating. It may also be done with a percussion massager.

**Benefits may include:** works deep-tissue muscles, soothes nerves and strengthens muscles

These products are not intended to diagnose, treat, cure or prevent any disease. This brochure is meant to act as a guide. It is not a substitute for medical advice.



## Have more questions?

Your Walmart pharmacist will be happy to help.

You can also find additional products and health information at [Walmart.com](http://Walmart.com).

# Pain Management Through Massage

Relieve Pain & Fatigue



**Walmart**   
Save money. Live better.

Life brings with it aches and pains. To help you manage your pain, Walmart offers the following Health Tips and products designed to help bring you relief.

**Q:** What is chronic pain?

**A:** Chronic pain is pain lasting over three months. It is severe enough to impact daily function, is more difficult to treat, and usually requires a combination of pain management treatments.

**Q:** What are some common pain management treatment options?

**A:** Some of the most common pain management treatments include:

- Over the counter medication
- Hot or cold packs
- Topical analgesics
- Massage

**Q:** How should I treat my pain?

**A:** One should always start by consulting a professional such as a Doctor, Pharmacist, or Nurse Practitioner. They can best prescribe a treatment.

**Q:** What is one of the most often prescribed complementary therapies by physicians?

**A:** **Massage.** It is the most likely to be beneficial and the least likely to be harmful according to physicians. Research has confirmed the use of massage therapy is an effective tool for pain management without producing adverse reactions that can occur with medications.\*

**Q:** What does massage do?

**A:** Massage temporarily increases local blood circulation of the blood. It reduces the tension in the muscles and can relieve muscular pain.\*\*

**Q:** How do I choose the right massager for me?

**A:** Look for a massager with customization to address specific pain areas. Most massagers come complete with attachment heads. Massagers with variable speed allow the person to dial in for a light or deep penetrating massage dependent upon the pain level.

**Q:** What are some common disorders relieved through therapeutic massage?

**A:** Some of the most common medical purposes consumers use massagers for:\*\*\*

- Allergies
- Arthritis
- Insomnia
- Sports injuries
- Circulatory conditions
- Back pain, Neck pain & Stiffness
- Shoulder pain & Lower back pain
- Headache
- Chronic pain
- Chronic fatigue syndrome
- Temporomandibular joint dysfunction (TMJ)
- Anxiety & Depression
- Asthma & Bronchitis
- Musculo-Skeletal ailments
- Carpal Tunnel Syndrome
- High blood pressure
- Fibromyalgia
- Paralysis

**Wahl has been manufacturing massagers for therapeutic use since 1914.**



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\*Source: International Journal of Therapeutic Massage & Bodywork, Vol. 3, No.1 2010

\*\*Source: Department of Health & Human Services, FDA at 21 CFR 890.5660 –

\*\*\*Source: Online consumer responses for massager products.