



Recommended Resources for Video: Therapeutic Massage

Overview: Therapeutic massage may be helpful in alleviating symptoms of anxiety, headaches, muscle tension, stress and pain. Receiving the healing power of touch in a safe place may also be used with standard talk therapy as an adjunct care for veterans and caregivers seeking stress relief.

Resources:

<http://handsforheroes.net/>

<http://www.veteranstoday.com/2014/11/09/veterans-find-relief-through-message-therapy/>

<https://www.massagemag.com/u-s-veterans-ptsd-helped-with-massage-34420/>

<http://www.webmd.com/balance/stress-management/features/massage-therapy-stress-relief-much-more>

<http://www.webmd.com/balance/massage-therapy-styles-and-health-benefits?page=3>

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743>

<https://www.amtamassage.org/articles/1/News/detail/3124>

https://www.amtamassage.org/professional_development/Sports-Massage-Q-A.html

Videos:

<https://www.youtube.com/watch?v=bfTmYJ-XQro>

<https://www.youtube.com/watch?v=vuHh0LM6odQ>

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