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Aromatherapy and massage are two alternative therapies that have been claimed to benefit people with dementia. A limited number of studies have found improvements in cognition and mood following aromatherapy and massage therapies. However, a greater number of more rigorous clinical trials are needed before we can make valid conclusions ...

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Similarly, massage has shown varying results that may be attributed to the time of massage application and the type of massage technique used. Cryotherapy, stretching, homeopathy, ultrasound and electrical current modalities have demonstrated no effect on the alleviation of muscle soreness or other DOMS symptoms. Exercise is the most effective means of alleviating pain during DOMS, however the ...

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Josh Shadle is a Boulder, Colo., massage therapist and avid CrossFitter who says his massage gun is a key part of his own recovery. He uses it every night, "sometimes for hours." According to ...

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Trigger point therapy is a type of massage technique that is supposed to help alleviate the symptoms or even "get rid of" trigger points. Although many people find some relief in trigger point therapy, the mechanisms of how it works is as uncertain as most types of massage. Even the nature of trigger points and myofascial pain syndrome is still as murky as a cup of boba milk tea, despite ...