

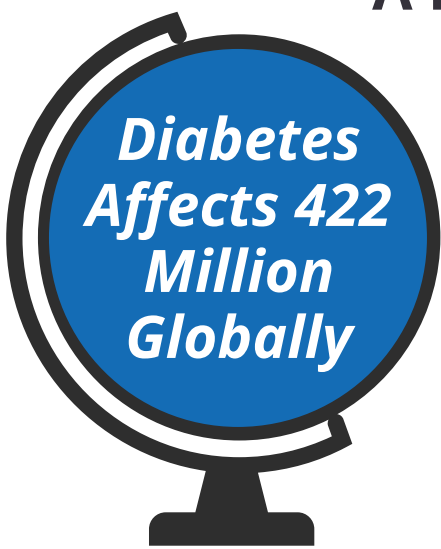


*Supporting scientific research, educational resources & community service for the massage therapy profession*

# Massage Therapy for the Management of Diabetes

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## A Public Health Concern


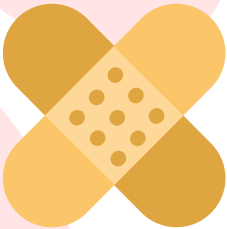
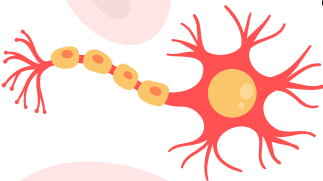



**Diabetes mellitus** is a chronic metabolic disease characterized by consistently elevated blood glucose levels caused by inability of the body to either effectively produce or utilize the hormone insulin.

Serious complications include heart disease, stroke, kidney failure, blindness, and amputation of legs/feet.

## The Role of Therapeutic Massage

Results from several research studies identify key benefits of massage for diabetic clients:

- Increased blood flow and circulation **may support the cellular intake of glucose**, affecting glycemic control on both fasting glucose and long-term blood glucose levels. 
- Increased tissue elasticity and reduced fascial restrictions **help increase client mobility and range of motion**. 
- Increased blood flow in the tissues **can help support the healing process of wounds**, including foot ulcers. 
- Neural manipulation **can support a decrease in pain and may help restore nerve functionality and sensation** for diabetic clients suffering from neuropathy. 
- Relaxation **can help reduce anxiety and depression and increase a sense of overall well-being and health**.

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## November is Diabetes Awareness Month

Visit Massage Therapy Foundation's Diabetes Massage webpage to stay informed on the latest research to help your diabetic clients stay well:

[www.massagetherapyfoundation.org/diabetes](http://www.massagetherapyfoundation.org/diabetes)

[View more at www.massagetherapyfoundation.org/infographics/](http://www.massagetherapyfoundation.org/infographics/)



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