



MASSAGE THERAPY

BENEFITS PATIENTS WITH

RESTLESS LEG SYNDROME



IMPROVES CIRCULATION

RLS may be caused by low iron contributing to poor circulation or low dopamine levels. Massage brings more oxygen to the soft tissues in the legs and releases hormones which stimulate dopamine production.

MINIMIZES TENSION

RLS causes excess tension in the legs and the urge to move. Resolving this tension prior to sleep reduces the urge to move and calms the body, resulting in falling asleep faster and sleeping longer.

**ASK YOUR LOCAL MASSAGE
THERAPIST HOW TO
PERFORM SELF-MASSAGE TO
MANAGE YOUR CONDITION
BETWEEN APPOINTMENTS.**



MYOFASCIAL METHODS

Lighter pressure that stimulates the deeper layers of tissue underneath has been shown to be successful treatment for RLS.



TRIGGER POINT THERAPY

Focused pressure on specific areas of tension most often felt as "knots" may be successful in resolving RLS for longer periods.



DEEP PRESSURE

Regular deep pressure applied to hamstrings, quadriceps, around the knee, and front of lower leg with moderate calf pressure may resolve RLS for many patients.



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