

# Massage Therapists Need a Massage

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If you work in any field other than MT, you have probably had a massage at least once to help you cope with the difficulties of stressful life, work, family, society, etc. Is massage therapy an occupation without stress?

Massage therapists deal with some obstacles that may sound bizarre to you, but require a different kind of patience. Is it a stressful job? It's no cakewalk - there are a few ways in which MT's themselves could use the rub-down they so kindly spend so much time offering others.

**The demands:** The physical taxation of being an MT cannot be ignored. You're on your feet for much of the day, and carpal tunnel syndrome can be a serious threat.

**The boss:** Are you self-employed? And is that a perk? Imagine the roles you have to play to maintain your business. That means business development, cleaning, followups, taxes, bookkeeping, insurance maintenance for your massage practice. "Being your own boss" is by no means an easy gig.

**The smells:** Let's say your patient has a migraine - they want aromatherapy with their massage. Requesting the calming scent of peppermint, which sticks around for several hours and leaves your eyes and hands stinging.

**The sounds:** While calming music every single day must get boring - at least you get to pick your own. However 8+ hours a day of relaxing sounds could really get maddening. MTs, what do you think?

**The feels:** How many strangers do you have to touch at the office? Not all can be pleasant. Professionalism is a quality you should admire in your massage therapist! However, not every style of massage requires heavy touching. For example, Reiki, acupuncture, and hot stone massage may not require as much full-on touching.

## **How about the perks?**

Making your own hours, seeing your friends or children when you want to... those are a few freedoms that make your lifestyle truly yours. However, it's our belief that MT's truly deserve a massage. Massage therapy is a scientifically backed, government recognized form of pain, stress and therapeutic relief - and there's no doubt the life of an MT has some serious stresses, standing up for most of the day being one of them!

Massage therapy has been shown to affect:

- Pain

- Cancer
- Mental Health
- Fibromyalgia
- Headaches
- HIV/AIDS
- Infant care

There's no doubt we can all use a good session with our kind, patient MT. Show them some love! They get to know your stressors and watch out for your personal injuries every time you come in for a session. Every MT needs a massage!

As a member of the bravely self-employed medical professionals, we're proud to offer malpractice insurance for Massage Therapists for [wellness](#) professionals.

**For more information on a wellness policy protecting Massage Therapists, [click here!](#)**