



Natural Health Practitioners of Canada  
Praticiens de la Santé Naturelle du Canada

# THAI MASSAGE

BENEFITS AND SAFETY CONSIDERATIONS



**Pain Relief:** Thai massage has been found to help reduce pain intensity in individuals with low back pain, trigger points, and chronic neck pain.



**Quality of Life and Stress Reduction:** Traditional Thai massage can enhance overall quality of life and reduce stress levels in individuals experiencing chronic pain.



**Improved Range of Motion:** Thai massage has been shown to improve head and neck movement compared to other treatments and interventions.



While more research is needed, Thai massage appears to be generally safe. The few reported side effects include mild muscle aches and soreness after treatment.