



WHEN DOES MASSAGE ACTUALLY HELP?

A clear decision guide for active adults who want to move better, not just feel temporary relief.

Your outcome: In 3 minutes, you'll know whether massage is a smart next step for your type of pain.

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1) Quick decision framework

Massage is likely helpful if:

- Pain is **muscular** and changes with movement
- You feel **stiffness** or reduced range of motion
- Activity or sitting **aggravates** symptoms, but light movement helps
- Stress or tension ramps symptoms up (neck, shoulders, low back)

Massage is not the first step if:

- Recent trauma or suspected fracture
- Progressive numbness, tingling, or weakness
- Unexplained swelling, redness, fever, or severe night pain
- Rapidly worsening symptoms

2) The 5-minute self-check

- My pain changes with movement.
- It feels muscular rather than sharp, unstable, or electric.
- Light movement improves it at least a little.
- Stress or tension makes it worse.
- My goal is better movement, not just temporary relief.

Score it: If you checked **3 or more**, massage is likely a reasonable next step. If you checked **0–2**, consider evaluation first.



About Corey Richason

Corey Richason is the owner of **Vital Kneads Massage** in Surprise, Arizona. With 23+ years of experience, he specializes in sports and therapeutic massage for active adults who want practical, evidence-informed results, especially for back and shoulder pain.

His focus: clear assessment, appropriate pressure, and a plan that supports better movement, not exaggerated promises.

Next step: Book your session at vitalkneads.net/booking