

Massage can reduce pain and anxiety for people with chronic illnesses, such as cancer, and reduce the physiological burden of stress. It can help treat conditions including stress-related tension, cancer-related fatigue, sleep disorders, high blood pressure, diabetes, low back pain, and depression, just to name a few.

Individuals experiencing chronic illness are usually under a physician's care. Typically, massage is just one part of a team effort necessary to treat and manage chronic illness. Ideally, the massage therapist works closely with the physician, as well as the other members of the client's health care team, and all are privy to knowledge regarding all medications and treatments, both prescription and non-prescription, that the client may be taking.

In general, the more the practitioner knows about the client's illness, medication, and treatment plan, the more targeted and effective massage treatments can be. Massage therapy may be able to lessen or decrease the client's dependence on certain medications, and may speed healing, due to increased circulation and the client's enhanced ability to deal with stress.