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The Rejuvenating Benefits of Therapeutic Water Massage

Why you should try a natural approach to relieve discomfort
by [Waterpik \(Paid Content\)](#)




PHOTO CREDIT: SHUTTERSTOCK

We all experience aches and physical discomfort from time to time. After age 50, these can result from factors like exercise, stress, and even certain medications. Everyone's relief regimen is unique to them, but there are natural approaches to help ensure you can continue to do the things that bring you joy.

Dr. Karen Litz, DPT, a licensed physical therapist and Waterpik® Water for Wellness council member, recommends therapeutic water massage to help with some of those common aches and pains. "Studies look promising that therapeutic water massage may have some of the same benefits as a regular massage," she says. "In fact, hydrotherapy is widely used around the world for the management of muscle aches and discomfort."




PHOTO CREDIT: MONIKA BRILL

Below, Dr. Litz shares more about the potential benefits of therapeutic water massage for common age-related health conditions.

Potential Benefits of Therapeutic Water Massage

If you regularly experience physical aches and discomforts, you aren't alone. Therapeutic water massage can do wonders to soothe those sore muscles. A 2014 review in the *North American Journal of Medical Sciences* found the temperature and pressure of water in aquatic therapy can block pain receptors. Dr. Litz agrees aquatic therapy has potential benefits for common causes of soreness after the age of 50, including repetitive strain injuries, certain types of arthritis, and medication side effects.

Here are three specific ways therapeutic water massage may benefit you:

- 1. Start your day off right** – If you often or occasionally wake up stiff and sore, aquatic therapy may help alleviate muscle tension so you can get up and get moving.
- 2. Promote restful sleep** – A restful night's sleep is so important as you get older, but it isn't always easy when aches get in the way. Therapeutic water massage can help relax muscles at the end of the day and help you sleep better at night. "We know that sufficient sleep is imperative to our body and brain's day-to-day function," Dr. Litz says. "Relaxation can help with decreased stress and even some chronic health conditions."
- 3. Help you stay active** – Exercise and movement can feel more challenging after age 50, but are vital for good health. Aquatic therapy may help with post-exercise, delayed onset muscle soreness (DOMS) and may increase flexibility. "Improved flexibility is important to keep us moving efficiently," Dr. Litz explains. "Exercise and movement are crucial as we age to support our cardiovascular and musculoskeletal systems, improve balance to help prevent falls, and improve our overall sense of well-being."




PHOTO CREDIT: WATERPIK

An Affordable and Drug-Free Therapeutic Water Massage Option

Fortunately, even if a regularly scheduled professional massage is out of your budget, you could experience the same benefits from water therapy at home with a Waterpik® PowerPulse Therapeutic Strength Massage Shower Head. The Waterpik PowerPulse Massage Shower Head provides up to two times the massage force compared to other retail market shower heads. They have been clinically shown to help improve flexibility, promote restful sleep, and soothe muscle tension," says Dr. Litz.

The Waterpik PowerPulse line of shower heads is the only line registered through the FDA as a Class I medical device, and provides a natural path to relief over medication, injections, or surgery. Always consult with your doctor or physical therapist to determine what's best for you.

"Taking the conservative path to relieve your body is always preferred over medication, injections, or surgery," says Dr. Litz. "If possible, you want to avoid invasive procedures as they can be costly in both time and money and may have unwanted side effects."

Click here to find out where to buy your Waterpik® PowerPulse Therapeutic Strength Massage Shower Head!

Additional details regarding the Waterpik PowerPulse clinical studies can be found at:
Increase Flexibility: <https://www.waterpik.com/shower-head/clinical-studies/range-of-motion-flexibility-powerpulse-therapeutic-shower-head-increase/>
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