

Tinnitus Relief

Massage and Other Drug-Free Tactics for Ringing Ears

Amanda Donis, LMT New York City, Washington DC, Virginia Beach offices.

Specializing in Myofascial massage techniques to relieve Tinnitus, jaw pain, overall improved alignment

Tinnitus is one of the most elusive conditions that health care professionals face. It is an auditory perception not directly produced externally. It is a perception of sound often described as a ringing, buzzing or humming in the ears or head that affect millions of people. Tinnitus has many causes including noise exposure, physical injury such as head trauma or whiplash, ear diseases, muscle spasms, circulatory changes, side effects from medication, nerve pathway irritation and central auditory system changes..

What to do if you think you have it?

According to University California,SF, “If you think that you have tinnitus, consult your doctor to determine if a cause for the tinnitus can be found and subsequently treated. If medical treatment is not appropriate, ask if there is an audiologist in your area who has knowledge about tinnitus treatments.”

What if you find no relief in traditional medical intervention?

Ask your doctor about Massage therapy. University California Medical Center also considers Stress Management to be vital to Tinnitus care. “The very high correlation between stress and tinnitus disturbance underscores the need to maintain one's composure and logic when trying to cope with tinnitus. Relaxation, guided imagery and self-hypnosis are examples of self-help methods used to help combat the stress, anxiety and sleep disturbances associated with tinnitus.”

What kind of massage helps?

Massage can help in some cases. There are several techniques to consider:

1. **Myofascial Massage**

Fascia is the connective tissue that's found everywhere in the body, including the face and ears. It can become relentlessly tight and restricted. Myofascial massage to the big muscles in the front of the neck can help to loosen and relax the fascia of the inner ear. As well, as specific points related to the ear/auditory muscles, Myofascial release works deeply to unravel stuck areas in the whole body alignment. The release effect may lesson inflammation, as well, as decrease the stress caused by the muscular tension.

2. **General Swedish Massage to the Head, Neck, Jaw, and Chest**

Besides being generally relaxing and having an impact on the muscles and fascia of the face and ear, Swedish massage to specific neck and chest muscles can improve or resolve thoracic outlet syndrome, which is thought to be a cause in some cases of tinnitus.

3. **Lymphatic** Thoracic outlet syndrome is simply tight muscles in certain neck and chest muscles that constrict nerves and blood vessels serving the arm and other areas. **Massage**

Gentle [lymphatic massage](#) (lymphatic drainage) to the neck, jaw, head, and ear are worth trying, especially if inflammation is playing a role in the problem

Finally, the actual effect of relaxation in managing one's Tinnitus symptoms can create an improved quality of life for those living with the symptoms. Managing stress is vital to Tinnitus treatment.

Other Non-Medical approaches

Here are some other things you can try that won't hurt you and may help bring you relief from ringing ears:

Preventing and Minimizing Tinnitus

- Reduce exposure to extremely loud noise
- Avoid total silence
- Decrease salt intake
- Monitor one's blood pressure
- Avoid stimulants such as caffeine and nicotine
- Exercise
- Reduce fatigue
- Manage stress
- Educate yourself

For more valuable insight regarding Tinnitus causes, symptoms, and treatments check out the following resources:

University California San Francisco

<http://www.ucsfhealth.org/conditions/tinnitus/>

American Tinnitus Association

<http://www.ata.org/>

Remember: Do not pursue any advice given here if it conflicts with the advice of your doctor, and don't continue doing it if it makes you feel worse.