

# The Therapy Agency provides a hands-on approach to managing national stress

Today, The Therapy Agency launches its new document: "Onsite Massage: The Financial Benefits", which sets out the evidence, from scientific studies to case histories, proving that on-site massage from professional therapists makes a substantial contribution to the financial well-being of organisations.

The report reveals that, out of 118 employees receiving on-site massage<sup>1</sup>:

- 66% reported staying at work for the massage, when they would otherwise have gone home sick
- 83% reported a reduced medical intervention for a previous health issue
- 92% reported an increased alertness, motivation and productivity
- 98% reported reduced work related stress

Stress is responsible for around 70% of all sick leave in the UK, generating a loss of on average 7.8 days per employee<sup>2</sup> and costing more than £600 per year. Skeletal and muscular problems are the most reported work-related health problem with the blame for more than half of absenteeism<sup>3</sup>. Back pain alone is an extensive problem and costs the British economy an estimated £3.8 billion a year solely in lost production – that equals £208 per employee, per annum<sup>4</sup>.

On-site massage therapies have been proven to reduce stress<sup>5</sup>, increase productivity and performance by up to 50%<sup>2</sup>, decrease absenteeism<sup>6</sup> improve morale and staff retention<sup>7</sup>, effectively tackle muscular and skeletal problems, and reduce accidents and repetitive strain injuries<sup>8</sup>.

"We have been working with The Therapy Agency for just over a year and everyone here really values and appreciates the treatment provided. We're happy to report 100% attendance on Therapy Days as well as a reduction in absenteeism overall. This could be a happy coincidence, but we're sold on the benefits."

– Antony Bradley, Managing Director, [www.directline-holidays.co.uk](http://www.directline-holidays.co.uk)

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<sup>1</sup> Reebok International: Study on the Effectiveness of On-Site Massage Techniques

<sup>2</sup> Confederation of British Industry (CBI) Report, December 2001

<sup>3</sup> The Times, October 1999

<sup>4</sup> Health and Safety Executive, Feb 2001

<sup>5</sup> Cady, S. H. & Jones, G.E. Massage therapy as a workplace intervention for reduction of stress. *Perceptual & Motor Skills* 84(1), 157-158. 2-1997.

<sup>6</sup> Internal Study by Reebok International, 1997, Recorded Statement to the AMTA

<sup>7</sup> Personnel Today, Therapies in the House, Article 4650, 20 February 2001

<sup>8</sup> American Massage Therapy Association, statement by Joseph Schliesinger

**Notes to Editor:**

Launched in 2002 with now over 300 therapists registered, The Therapy Agency is a national organisation to promote reputable practitioners of complementary therapies to both private and corporate clients. “We always interview, we always check qualifications and references, plus we always seek evaluations from previous clients as well as ongoing monitoring of current clients with each of our therapists” explains Jason. With the most sophisticated secure online search and booking facilities available in this business sector, clients can book preferred treatments 24/7, at home, or in their workplace.

Preview sample images for publication can be viewed on the website:

<https://www.therapy-agency.co.uk/about/press/downloads.html>

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