Question for written answer E-004421/2025/rev.1
to the Commission
Rule 144
Emmanouil Fragkos (ECR)

Subject: Promoting physical and mental well-being through the coverage of therapeutic massage and kinesiotherapy by national health systems

Therapeutic massage offers proven benefits for physical and mental health. The gentle pressure and rhythmic movements stimulate blood circulation, enhancing tissue oxygenation and reducing muscle tension, while contributing to the regulation of blood pressure and heart rate through activation of the parasympathetic nervous system. On a psychological level, they reduce cortisol and increase serotonin and endorphins, improving sleep and a sense of well-being.

At the same time, this practice has proven beneficial for reducing chronic pain, anxiety and fatigue, as well as for restoring mobility in musculoskeletal diseases. The involvement of kinesiotherapists and physiotherapists is crucial for the correct and safe application of these techniques, ensuring scientifically documented preventive and rehabilitative interventions.

In addition to its therapeutic value, massage can act as a means of early detection of inflammation, stiffness or circulatory problems, promoting timely medical assessment.

Given that this is a low-cost and non-invasive practice, with potentially significant benefits for public health:

Could the Commission, within the framework of the open method of coordination in the health sector, encourage Member States to adopt common guidelines for the coverage of a limited number of therapeutic massage and physiotherapy sessions per year by national health systems, as a preventive measure and to promote well-being?

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