

Benefits Of Massage

Massage

- Increase relaxation
- Decrease excess tension
- Ease muscle, stiffness
- Decrease pain
- Decrease injury recovery time
- Reduce injuries
- Improves respiration
- Improves circulation
- Decrease fatigue
- Increases and replenishes energy
- Stimulate calm nervous system
- Enhance athletic performance
- Removal of toxins from body
- Enhance immune system
- Enhance lifestyle
- Pain relief for diseases

Recommendations for Massage

- Back pain
- Cancer
- Carpal tunnel syndrome
- Chronic edema
- Chronic fatigue
- Contusions
- Depression
- Grief / grieving process
- Degenerative disc disease
- Diabetes
- Dislocations
- Digestive complaints / constipation
- Fibromyalgia
- Foot / plantar fasciitis / plantar flat foot
- Fractures
- Headache / migraine
- Hypertension
- Insomnia
- Jaw pain / TMJ

- Lymphatic disorders
- Multiple sclerosis
- Muscle spasm/ strain rehabilitation
- Neck pain whiplash
- Osteoarthritis rheumatoid arthritis
- Parkinson
- Postural disorders scoliosis
- Pregnancy discomforts pre, pier, post natal
- Pre, post- surgical and post-injury rehabilitation
- Period pain dysmenorrhea
- Prevention lessening of fibrosis
- Relaxation
- repetitive strain injuries
- respiratory problems asthma bronchitis emphysema
- sciatica neuralgia
- strains ligament and joint injuries
- stiff joints
- stress related disorders
- tendonitis bursitis neuritis
- thoracic outlet syndrome

Reasons for injuries

- over use of muscles and ligaments
- Torsion / turning and lifting
- Poor posture
- Poor working aesthetics
- Sitting or standing in one position for long periods of time
- Pain compensation injuries
- Cumulative injuries
- Athletic injuries
- Slips and falls
- Degenerative injuries/ osteoporosis
- Excessive tension
- Excessive stress
- Ignoring pain warnings



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