

# 5 WAYS

## Medical Massage Can ELIMINATE Pain & Improve Quality Of Life

### 1 Relieves Back Pain

Massage therapy is a very effective treatment for back pain. Several studies have shown that massage works better than other traditional forms of treatment and reduces the need to use painkillers by over 35%. Deep tissue massage provides effective pain relief in stiff parts of the body such as the lower back. Through slow deliberate strokes, the therapist massages muscles, tendons and other tissues far below the skin. This type of massage relieves chronic tension and helps to heal various muscle injuries including back sprain.

### 2 Relieves Stress

Effective stress relief promotes a healthy lifestyle. Just one massage session can help to regulate your heart rate, insulin and cortisol levels. This enables the body to relax, rest, and recover. The effect of the massage lingers for a long time after the session is over. Consequently, you will experience a significant positive change in your mood.

### 3 Improves Circulation

Medical massage improves the circulation of blood and other important blood fluids. For instance, the lymphatic fluids that enhance your body's immunity flow better after a massage and this improves your body's natural defense against diseases. Improved circulation of blood also transfers nutrients to vital organs and tissues in your body.

### 4 Improves Mobility

During a massage therapy session, several tight, weak and atrophied muscles are exercised and stretched. This increases your range of motion and the flexibility of your limbs. It also reduces pain and stiffness in the joints. In fact people who suffer from knee osteoarthritis experience great relief after massage therapy.

### 5 Body Balance

Namely some people over use one side or part of their body. Therefore other unused areas get weaker. Common in work environments that are repetitive. Also with prolonged sitting, driving or standing. So, Medical Massage helps body imbalance.

