



Massage Therapy

Massage is the practice of applying structured or unstructured pressure, tension, motion or vibration to the soft tissues of the body to achieve a beneficial response. Soft tissue includes muscles, connective tissue, tendons, ligaments, joints and lymphatic vessels. A form or therapy, massage can be applied to parts of the body or successively to the whole body. It aids in the process of injury healing, relieves psychological stress, manages pain and improves circulation. The purpose of massage therapy is to prevent, develop, maintain, rehabilitate or augment physical function or relieve pain.

Massage assists in treating the following:

Migraine Headaches

Tendonitis

Arthritis

Osteoporosis

Whiplash Injuries

Fibromyalgia

Sports Injuries

As well as many other common conditions

