



Life



Health & Wellness



25

REASONS TO GET A MASSAGE

- 1 Relieve stress
- 2 Relieve postoperative pain
- 3 Reduce anxiety
- 4 Manage low-back pain
- 5 Help fix myofascial pain
- 6 Reduce muscle tension
- 7 Enhance exercise performance
- 8 Relieve tension headaches
- 9 Sleep better
- 10 Ease symptoms of depression
- 11 Improve cardiovascular health
- 12 Reduce pain of osteoarthritis
- 13 Decrease stress in cancer patients
- 14 Improve balance in older adults
- 15 Decrease rheumatoid arthritis pain
- 16 Temper effects of dementia
- 17 Promote relaxation
- 18 Lower blood pressure
- 19 Decrease symptoms of Carpal Tunnel Syndrome
- 20 Help chronic neck pain
- 21 Lower joint replacement pain
- 22 Increase range of motion
- 23 Decrease migraine frequency
- 24 Improve quality of life in hospice care
- 25 Reduce chemotherapy-related nausea

Massage is good medicine

