

Massage away JOINT PAIN!



If you are experiencing joint pain ranging from mild to debilitating, massage can help. Massage is a combination of gentle massage, healing intention, and stretches applied passively to the client's body. The combination of stretches and movement opens joints, elongates muscles, and generally creates space in painful areas to bring relief.

Massage has positive impacts on every system of the mind and body. It has meditative qualities that soothe the mind and calm the nervous system. It is in fact becoming an important element in health and wellness.

Top 10 Causes of PAIN

- Poor **Posture**
- Traumatic **Injury**
- Lifting & Carrying **Heavy Objects**
- Wearing **High Heels**
- Being **Overweight**
- **Aging**
- Sleeping on a **Poor Mattress**
- **Nerve Damage**
- **Diseases**; such as Arthritis & Fibromyalgia
- Other **Congenital** Conditions

The Benefits of Massage

Massage has a wide range of benefits. Here are some benefits for how it will impact specific areas of your body.

- *Muscular Impact:* Some joint pain is caused by tight (shortened) muscles which pull on the joint, causing pressure and sometimes misalignment of the joint. The combination of gentle massage and stretches relaxes and lengthens tight muscles. This takes pressure off the joints and allows them to fall back into proper alignment, relieving the pain. Additionally, the muscular flexibility gained in a massage allows for greater range of motion in the joints.
- *Skeletal Impact:* The opening created by the stretches relieves excess stress on the skeletal body including the spine. The reduced stress on the on the skeleton reduces stress on the joints, alleviating pain.
- *Articular Impact:* Stretches increase the space between the joints, allowing fluids (such as lymph, synovial and cerebrospinal) to circulate - effectively “greasing the joints,” increasing mobility, and reducing healing time.
- *Postural Impact:* The stretches guide the body back into proper alignment, improving overall posture. Improved posture allows joints to move within their intended ranges and positions, reversing and / or preventing pain within them.











***Do not plan a strenuous workout or heavy lifting after the work**

Allow your muscles and neuro receptors to adjust to their newly opened state before subjecting it to high impact activities, which could result in spasm. Take the day off to let your body recover. This modality will not only help relieve your pain, it will relax you, invigorate you, and leave you in a blissful state of mind.

Tips to keep your Joints Healthy:

- Maintain your ideal weight
- Stay in motion and do low-impact exercises
- Strengthen your muscles
- Eat anti-inflammatory diet and stay hydrated
- Prioritize Vitamin D and Calcium
- Improve your posture
- Watch your heel height
- Ease your load and lift the right way
- Stop smoking
- Add physical therapy

Foods which HELP or INCREASE joint pain

THE BEST				
				
NUTS Great combination of unsaturated fat and filling fibre.	YOGHURT A good source of calcium, plus probiotics for gut health.	FRUIT High water content and key antioxidants and vitamins.	WHOLE GRAINS Packed with B vitamins and fibre.	VEGGIES Low kilojoules, lots of vitamins and nutrients, and high fibre.
THE WORST				
				
CHIPS Deep-frying makes them high in kilojoules and saturated fat.	POTATOES Often fried or covered with butter, sour cream, or sugary tomato sauce.	COOLDRINKS Skip these to save kilojoules for when you need a sports drink.	RED MEATS Avoid fatty cuts, such as T-bone, club, and rib-eye steaks.	PROCESSED MEATS Most contain nitrates and are high in saturated fat.