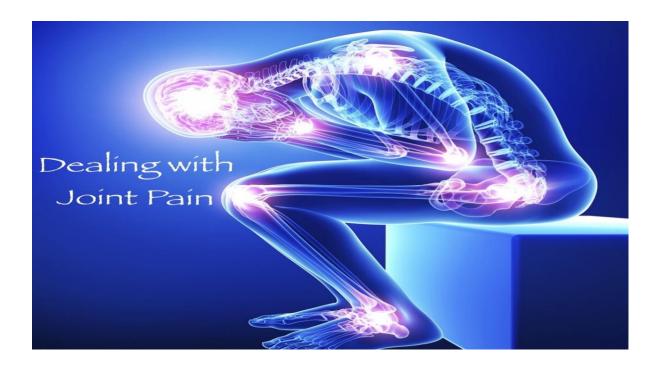
## Massage away JOINT PAIN!



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.

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## 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 heal height
- Ease your load and lift the right way
- Stop smoking
- Add physical therapy

## Foods which HELP or INCREASE joint pain

