

What specific conditions can Massage Therapy help?

Massage Therapy can decrease pain; provide psychological, emotional and physical benefits; and help treat, manage, and increase functioning for the following conditions:

- Carpal tunnel
- Sciatica
- Tension headaches
- Whiplash
- Scoliosis
- Torticollis
- Tendon and muscle tears
- Thoracic outlet syndrome
- Varicose veins
- Pregnancy-related back pain and other discomfort
- Myofascial pain
- Sore or overused muscles (prevents and treats)
- Muscle injury (offers rehabilitation)
- Gout
- Rheumatoid arthritis
- Osteoarthritis
- Muscular dystrophies
- Raynaud's Disease
- Diabetes
- Hypertension and congestive heart failure
- Reduces risk of chronic diseases, such as heart disease, diabetes, autoimmune diseases

- Improved mood
- Reduced anxiety
- Lower stress levels
- Lessening of depression
- Reduced anger and aggression
- Improved sleep patterns and decreased sleep disturbance
- Reduced fatigue
- Enhances immune system
- Improves athletic performance and enhances recovery