

ENJOY THE BENEFITS OF MASSAGE AT REHAB ONE

Is massage therapy right for me?

Massage therapy has proven beneficial for a variety of conditions, the most prevalent of these being stress-related tension. Other conditions include:

- Cancer related fatigue
- Sleep disorders
- Diabetes
- Depression
- Several musculoskeletal injuries

Massage therapy works with the body in several ways to promote healing.

Massage therapy offers a non-invasive approach to healing. Some of the beneficial effects on the body are as follows:

- Increased circulation (Increased oxygen to tissues and organs).
- Stimulates lymph system
- Reduces spasm and cramping
- Increases joint range of motion
- Releases endorphins (Endorphins act as the body's natural pain killer).
- Reduces adhesions and edema after surgery (Helps to realign scar tissue after healing).

Have an acute or chronic injury? Try deep tissue massage.

Deep tissue massage focuses on the underlying layers of muscle tissue. Using slow strokes combined with deep pressure to the tissues is the essence of deep tissue massage. Deep tissue massage is especially useful after an injury as it aids in breaking up scar

tissue formation as well as muscle spasm.

Are there any conditions where massage is not recommended?

There are some conditions in which massage is contraindicated.

- Certain forms of cancer
- Phlebitis
- Some cardiac problems
- Infectious diseases
- Some skin conditions

Not all massage techniques work for everyone?

Massage therapy offers a variety of techniques to help relieve an injury. **REHAB ONE** specializes in Deep tissue massage following injury (i.e. motor vehicle, low back/cervical injury). We also offer three different massage therapists each specializing in their own technique. Whatever the injury may be, we can find a suitable technique to get you back on the road to recovery.

Massage, yes you deserve it!

Massage therapy is not only for the injured. Massage offers a great way to relieve stress and headaches. It provides an opportunity to unwind or relieve sore muscles after a good workout. For more information about our massage therapy techniques call **REHAB ONE**.