

- Pain Relief
- Stress Relief
- Increases Circulation
- Boost Immunity
- Improves Posture and Flexibility
- Lowers Blood Pressure
- Relaxes Muscles and Mind
- Rehabilitates Injuries
- Flushes Bodily Toxins
- Regulates Blood Sugar Levels

Are Chiropractic and Massage Therapy complementary?

Massage and Chiropractic are complementary disciplines, fitting together like hand in glove. Perhaps more like two well-trained hands on an aching back.

(www.chiroeco.com)

Chiropractic and massage therapy, used in combination for a powerful healing approach that addresses pain on many levels. Both long-term muscle tension and sudden impacts, such as falls, can pull and hold joints out of normal alignment. Chiropractic uses adjustments to return the joints to their normal positions and restore joint mobility. Joint misalignments or

subluxations, are often accompanied by tension or injury to the surrounding muscles, and ligaments. These tissues can produce pain that spreads because it causes protective muscle tightening in surrounding areas. Over time, tight, inflames muscles and fascia suffer poor circulation and can develop adhesions that prevent muscles from lengthening completely. Painful trigger points can also develop, referring pain or tingling to other areas in the



body. Addressing soft tissue problems is an important complement to chiropractic care. Muscles move joints, while ligaments supports them.. If a subluxation is adjusted without addressing related soft tissues, the whole problem is not being addressed and the pain and dysfunction may persist.

(<http://www.back2health4you.com/mt.html>)

What conditions can be treated with massage?



Most people think of the 'relaxation' massage when asked about massage therapy. While this is one of the major uses and benefits of massage, its

usefulness does not end there. Today, massage is commonly used to treat everything from carpal tunnel syndrome to tendonitis to breathing difficulties. A few of the conditions that massage therapy can help relieve includes: adhesive capsulitis, sprains and strains,

osteoarthritis, sciatica, headaches, iliotibial band syndrome, chrohn's disease, menstrual difficulties, pregnancy and much more.

(<http://back2health4you.com/mt.html>)

What is Osteoporosis?



Osteoporosis is a progressive disease where bones become gradually weaker and thinner. The weakening and thinning of the bones causes changes in posture and poses and increased risk of fractures. Osteoporosis is sometimes referred to as the “Silent Thief” because the patient

would have the disease for a long time before experiencing signs and symptoms. For example, The patient would just “suddenly” fracture their bones just by turning a door knob.

(<http://www.massagetherapyreference.com/2010/02/osteoporosis/>)

Osteoporosis and Massage

For the osteoporosis patient massage has different advantages and disadvantages. Massage will more than likely NOT change any calcium uptake or bone density. There is also the possibility of fracture if there is overpressure from the Massage Practitioner. Caution is always key for the Practitioner.

On the other hand, massage can be beneficial for osteoporosis patients and is not necessarily contraindicated. The appropriateness of massage is determined by the fragility of the individual. The key to massage for these patients is comfort massage. The front (chest, anterior neck, and abdominal) muscles are often very tight and hard due to hyperkyphosis (also called Dowager’s hump) while the back muscles are stretched and irritated. Massage can definitely offer relief of these symptoms even if it can’t reverse bone degeneration.

What to expect:

A massage client with osteoporosis can expect their comfort to be of the utmost importance. In the session, their positioning is enhanced with pillows. The massage practitioner will start with slow gliding massage called effluage and if it is indicated will go on to a slightly deeper kneading type massage called petrissage. A practitioner should never use deep tissue massage on a client with osteoporosis. Always have an ongoing exchange of information regarding pressure of the massage with the practitioner.

If an osteoporosis patient is considering becoming a massage client and is unsure of their fragility, they should consult with their doctor first. Massage therapy is not a substitute for medical examination or medical care. Any client should always consult with their doctor if there is any question regarding their health.

Always make sure a massage practitioner is professionally trained, has a license, and is a member of a massage or body work association that offers liability insurance.

(<http://www.intentyoga.com/archives/981>)