- Relieve stress
- Relieve postoperative pain
- Reduce anxiety

REASONS TO **GET A MASSAGE**



Help fibromyalgia pain

Reduce muscle tension

Enhance exercise performance

Relieve tension headaches

Sleep better

Ease symptoms of depression

Reduce **OA** pain

Improve cardio-vascular health

Decrease stress in cancer patients

Improve balance on older patients

Decrease rheumatoid arthritis pain



Promote relaxation 100

Lower BP

Decrease symptoms (19) of carpal tunnel syndrome

> Help chronic @ neck pain

Reduce joint (2) replacement pain

> Increase 22 range of motion

Decrease migraine (3) frequency

Improve quality of life @ in hospice care

Reduce chemotherapy related nausea















