



**EMERGENCY**  
MOBILE MASSAGE COMPANY

## 25 Reasons to Get a Massage:

- Relieve stress
- Relieve postoperative pain
- Reduce anxiety
- Manage low-back pain
- Help fibromyalgia pain
- Reduce muscle tension
- Enhance exercise performance
- Relieve tension headaches
- Sleep better
- Ease symptoms of depression
- Improve cardiovascular health
- Reduce pain of osteoarthritis
- Decrease stress in cancer patients
- Improve balance in older adults
- Decrease rheumatoid arthritis pain
- Temper effects of dementia
- Promote relaxation
- Lower blood pressure
- Decrease symptoms of Carpal Tunnel Symptom
- Help chronic neck pain
- Lower joint replacement pain
- Increase range of motion
- Decrease migraine frequency
- Improve quality of life in hospice care  
Reduce chemotherapy-related nausea  
(Information Provided by AMTA)

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## Some of the physical benefits of massage include:

- reduced muscle tension improved circulation
- stimulation of the lymphatic system
- reduction of stress hormones relaxation
- increased joint mobility and flexibility
- improved skin tone
- improved recovery of soft tissue injuries
- heightened mental alertness
- reduced anxiety and depression.

The health experts at National University of Health Sciences want you to know the top five health benefits of adding regular massage therapy to your health and wellness strategy.

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## Top 5 Benefits of getting regular Massage!

Massage therapy from a certified practitioner can:

### 1. Lower stress

The long-term effects of stress can take emotional and physical tolls. Massage therapy may relieve stress and conditions associated with it, such as tension headaches.

### 2. Increase immune function

Medical research indicates that massage therapy can help boost immune system strength by increasing the activity level of the body's natural "Killer T cells," which fight off viruses.

### 3. Boost mental health and wellness

Research suggests that symptoms of stress,

anxiety and depression (all associated with mental health) may be directly affected with massage therapy.

### 4. Manage pain

Pain can negatively affect a person's quality of life and impede recovery from illness or injury. Recent findings highlight the role of massage in pain management.

### 5. Improve physical fitness

Elite and recreational athletes alike can benefit from massage therapy—massage can reduce muscle tension, improve exercise performance and prevent injuries (source - American Massage Therapy)