

MASSAGEWORKS

Port Aransas

NEWSLETTER

Free Aromatherapy

Continues

Historically valued for healing properties, essential oils are more than just scents.

Gift Solution

Get \$10 off a Gift Certificate with your massage during November

Holiday Party Ideas

Invite MassageWorks to your event or office to give your friends and co-workers a "pat on the back" with chair massage.

As I do more and more massages, I begin to see patterns in pain and problems.

Some clients come for just a relaxing massage, but most have a knot here or there. They tell me it's caused from stress or gardening or lifting or kicking. But how exactly can these actions cause problems?

Stress does cause very visible physical patterns. The shoulders go up and forward. The body is flexed inward. (Instinctively protecting vital organs from danger). The neck is tilted forward. Sometimes knees can invert and even the feet can get out of alignment. These physical patterns also are common in people that work in fields that require keyboarding or intense forward motion. It's also prevalent in the popular teen slouch. All these positions overwork muscles that aren't meant for such constant abuse. The muscles have too much work and too little oxygen. Metabolic wastes build up in tissues. Hyper-irritable nodules or trigger points develop. Then a little more stress, lifting, kicking or gardening really causes pain as it overtaxes and strains the muscles.



Massage helps relieve pain from this problem by restoring circulation and releasing these trigger points. It also reduces the sensation of pain by increasing the concentration of endorphins and other pain reducing neurochemicals in the central nervous system and bloodstream. It breaks up scar tissue from tears, strains and other injuries.

The long term solution is **better posture and strengthening core muscles.** Ask me or your athletic trainer for help. You'll notice an amazing increase in energy, balance and well-being when you take advantage of the perfect design of your bones and muscles. Ask about exercises to reset shoulders, hips and ankles correctly. Try a yoga class to strengthen underused core muscles. See the chiropractor to reset bones pulled out of alignment by overtaxed muscles. Bones and muscles were designed for long term use without pain.



Can a Massage save time & money?

Yes!

Studies indicate a 15 minute massage twice a week helps performance. The study showed individuals exhibited decreased beta and increased delta waves. These same individuals performed better on math tests, completing the tests in significantly less time with significantly fewer mistakes. Job-related stress, anxiety and blood levels of cortisol (the stress hormone) were also reduced.