

Irvine Massage

What is Massage Therapy and Why is it Beneficial?

There are many benefits to massage therapy. We are all subjected to deadlines, fast-paced lifestyles (depending on where we live), and a world filled with hecticness and stress. This is especially the case when it comes to mental exhaustion. When the mind gets tired, the body suffers as well, sometimes continually. And this is one of the biggest areas where an individual benefits from massage therapy.

Granted, there are those individuals that thrive on this and find it extremely rewarding to work in stressful conditions or situations, but for most of us, it can be physically destructive and Irvine Massage is well aware of this. Stress destroys a person's body, not just their minds. Anger, depression, and frustration have all been proven to lead to numerous health problems including heart attacks, hypertension, seizures, and strokes. This is what has created the necessity of massage therapy. It relieves the issues that trigger the aforementioned conditions.

The roots of Massage therapy go back to at least 2,700 BC to ancient cultures such as the Chinese, Egyptian, Indian, and Roman cultures, so it has nearly a 5,000-year track record. It benefits the individual in a number of ways, inclusive of the following:

- It eliminates stress
- It employs artistic hand movements to rejuvenate the body and the mind
- It is a relaxing experience

The Different Massage Therapy Methods

If you search online and find out how many types of massage therapy there are, you could actually use a different method every day of the month. Wikipedia lists nearly 30 – 29 to be exact. But the reason that there are so many methods or techniques is because no two individuals are alike. What most people do not realize is how many different conditions and afflictions that massage therapy actually corrects and relieves.

The following is a list, though not complete, of what the Irvine Massage techniques help relieve and treat:

- Arm pain
- Headaches (migraines included)
- Knee and leg pain
- Lower back discomfort
- Neck pain and stiffness
- Rotator cuff and shoulder pain

This is only a few of the conditions that a lot of people suffer with that massage therapy can help relieve the pain associated with these conditions. However, there are many more “pains” that Irvine Massage therapy can relieve – not all of which are physical.

How can Irvine Massage Therapy help?

You might initially think that this type of treatment is not affordable. The truth of the matter is that you cannot afford to risk not knowing whether or not Irvine Massage therapy can help you. We are committed to the well-being of our clients, and want them to live a pain-free lifestyle for years to come, free from needing our care or the help of other treatment centers. If the different chiropractic treatments that we offer are not successful, then it makes sense that it hasn't worked for us as well. We are not the be-all and know-all of chiropractic treatment and pain relief. However, we can help relieve your suffering and give you hope of a pain-free future.