

Massage Therapy Improves Posture

Allowing the body to reinforce healthy and natural movements can be one of the most beneficial aspects of massage therapy. Many aches and pains are due to poor posture. Whether we are driving, working at a desk, or even just standing still, poor posture can contribute to a number of physical aches and pains. Over time, these habits can cause increased body stress and breakdown.

With a consistent program of massage therapy, the painful points in muscles are loosened and relaxed, joints have greater freedom, and pressure points are relieved. This allows the body to position itself in a healthy and natural posture, therefore avoiding the movements and positions developed over time as a reaction to the pain.

Benefits of Improved Posture

- Muscles are loosened and relaxed
- Joints enjoy greater freedom
- Pressure points are relieved