

Managing Arthritis

Massage Keeps Joint Pain at Bay

The word arthritis often signifies aging, pain, inactivity, and disability. Osteoarthritis (literally meaning "bone-joint inflammation") is caused by wear and tear on joint surfaces and most frequently involves the hips, knees, lower back, neck, and fingers. More than half of people over sixty-five have some evidence of osteoarthritis on X-rays, although it doesn't always manifest as symptoms. Joints lose flexibility and muscles lose strength, feeding the cycle of pain, inactivity, and more pain.

Gentle massage has many benefits for those with arthritis. Massage therapy provides pain relief, soothes stiff sore muscles, reduces inflammation and swelling. Massage and gentle stretching help maintain range of motion for your joints. More than 2,000 years ago, the ancient Greek physician Hippocrates wrote that doctors should be experienced in "rubbing that can bind a joint that is loose and loosen a joint that is too hard." Today, massage is still a popular way to manage arthritis pain. Proponents claim that massage therapy, done correctly, can help improve joint movement, relax tense muscles, and stimulate the flow of blood and nutrients to the skin and underlying tissues. What's more, it just feels good, and the relaxation it brings can help break the cycle of pain and stress that often goes along with arthritis.

If Arthritis pain has got you down, call us at 239-405-0463 to schedule a massage and get some relief.

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