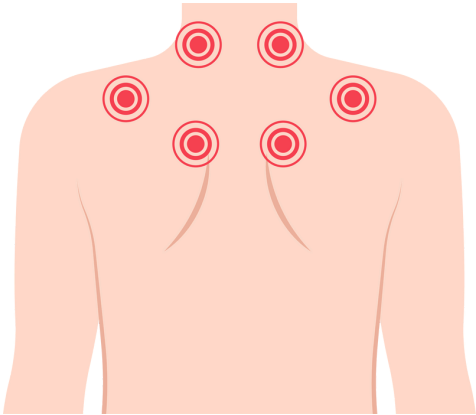




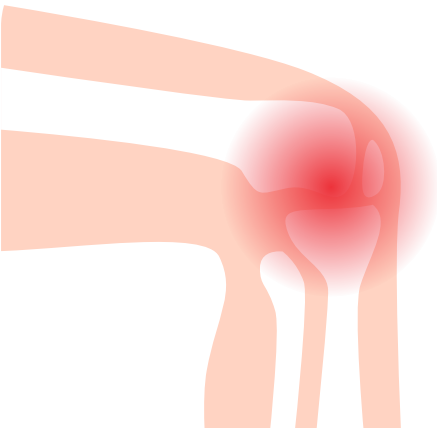
MASSAGE THERAPY

For Specific Conditions



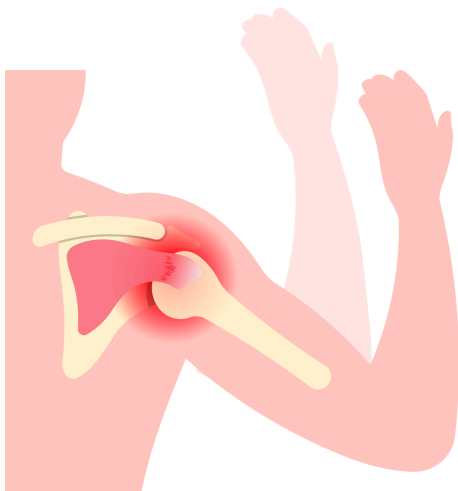
Fibromyalgia

Massage therapy (MT) styles like manual lymphatic drainage, connective tissue massage, myofascial release, shiatsu, and Trager demonstrated benefits for symptoms associated with fibromyalgia.



Knee osteo-arthritis

MT may improve pain relief, reduce stiffness, and improve functionality in the short term for individuals with osteoarthritis (OA). Combining MT with self-massage may offer benefits specifically for knee OA pain.



Range of motion

MT, especially sports massage, has shown significant improvement in shoulder range of motion compared to receiving no treatment.