



Monthly Wellness Bulletin

Blending Massage and Chiropractic for Optimum Healing



Massage is a highly effective tool for relieving stress, restoring energy, reducing muscle pain and soreness, increasing circulation, and improving posture and range of motion. The results are well documented.

Naturally the relationship between the muscles, nerves, and the spinal column makes the addition of **Chiropractic** treatment very effective in enhancing the long-term effects of **massage**. If the body's infrastructure (meaning the vertebrae, rib cage and or other joints) are moving naturally and not impinging the nerves, tendons or ligaments, then the muscles can be relaxed more effectively. The relationship between the muscles and the bones is quite synergistic and they affect each other in every movement and/or posture. Tendons connect the muscles to the bones, and ligaments cross over the joints to connect bones to bones. If a vertebra, rib, or joint is chronically out of alignment (a subluxation), in other words, then the muscle cannot function effectively. This creates undue tension in the muscle, and what often occurs are painful trigger points (buildup of lactic acid), shortened muscles with chronic fibrosis (scar tissue), and subsequent dysfunction of the joints that the muscles cross over.

Massage techniques such as Swedish, trigger point, deep tissue and myofascial release, sports and prenatal therapy, shiatsu, reflexology, Reiki, and craniosacral therapy all have their specific place in the healing process. Each technique, carefully selected by our InMotion doctors and therapists, is uniquely effective in calming the nervous system and promotes deeper breathing and mind/body awareness. Massage is useful in relaxing muscle pain and soreness, thereby lengthening the muscles; and it speeds healing of injuries by increasing oxygen and nutrients to the tissue. It effectively increases circulation to remove pain, numbness, and tingling. Virtually all of the effects of massage allow for better skeletal movement by minimizing scar tissue, freeing restrictions and allowing the joints to move easier.

Used in conjunction with a chiropractic treatment plan, the effects of massage are optimized to achieve more efficient and normal movement!!!! These two tools, when used regularly and in concert, help each part of your body work more effectively.

At InMotion Health Center, the doctors choose the massage technique that will therapeutically move the patient's health condition forward most effectively. In turn, our massage therapists commonly consult with our doctors for help on difficult cases. It is this very successful, holistic synergy many people are looking for to relieve longstanding problems.



We have 3 doctors and 8 massage therapists to assist you with whatever your health problem may be.

Call today for a consultation and some relief! **314.644.2081**