MASSAGE THERAPY for ARTHRITIS

OSTEOARTHRITIS

Degenerative condition resulting from increased wear and tear on the joints

RHEUMATOID ARTHRITIS

Autoimmune disorder producing inflammatory joint symptoms

MASSAGE THERAPY is a SAFE and EFFECTIVE TREATMENT OPTION for patients with OSTEOARTHRITIS or RHEUMATOID ARTHRITIS



DECREASE PAIN

IMPROVE FUNCTION



REDUCE STIFFNESS





INCREASE RANGE OF MOTION



IMPROVE QUALITY OF LIFE

IMPROVE MOBILITY



Massage therapy is particularly effective for osteoarthritis of the knee and rheumatoid arthritis of the upper limbs.

Massage therapy treatment for arthritis may include:

- soft tissue manipulation
- joint mobilization
- therapeutic exercise



