



Wellness by the Month

International Massage Therapy Week July 20 – 26

Massage therapy is no longer considered a luxury available only to the rich and famous. In fact, research continues to show the enormous benefits of touch in treating chronic diseases, neurological disorders and injuries, and alleviating the tensions of modern lifestyles. Many hospitals are incorporating on-site massage practitioners and even spas to treat post surgery or pain patients as part of the recovery process.

What is Massage Therapy?

Massage therapy can be defined as the “gentle practice of manipulating the body’s tissues in order to soothe and heal.” (www.ehealthmd.com)

Many companies are now including on-site or office chair massage as part of their wellness program. Chair massage focuses on the back, shoulders, neck, head and arms which are the areas that become fatigued from sitting at a desk all day.

What are the Benefits of On-site Chair Massage?

- Easy, portable and does not require any special room or clothing
- Employees feel immediate positive relief
- Relaxing and reduces stress
- Eases muscle tension, stiffness and pain from sitting at a desk all day
- Improves circulation
- Boosts employee morale
- Appeals to a broad employee base
- Available to any type or size of business

For more information or to learn about other types of massage therapy visit one of the following websites.

<http://holisticonline.com>

www.massagetherapy.com

www.vpul.upenn.edu

www.employmenttimesonline.com