



Why Get Massage?



By Mary Wilkerson, NCMMT
Vienna Massage Therapy

A major factor in our quality of life and our flexibility is how well we take care of our oft-ignored musculature. Left unattended to, muscle imbalances can result in more serious problems down the line, not to mention the negative impact on posture and productivity.

Similar to an advance warning system like smoke alarms, pain or discomfort is the

body's warning signal that something's not right and needs our attention.

Many things we incorrectly thought we just had to live with can be alleviated and/or remedied through massage and bodywork. With awareness of today's alternatives in preventive medicine, we now have viable options when deciding what our response will be when our body's "smoke alarm" goes off.

If a dysfunction or imbalance has existed for quite some time, it is important to realize that just one treatment every few months is not likely to resolve it. Rarely is there a miracle cure that instantly erases the effects of abuse or neglect after months, or even years, of demands we have put on our bodies expecting our bodies will "just do it."

Oftentimes people are puzzled as to why all of the sudden, they have a problem. Usually it is no surprise given the imbalance in the ratio of physical demands and

stresses placed on the body to the level of care and maintenance the body has received. Just like a prized car or treasured heirloom, the human body deserves and needs to be well-cared for.

Benefits For Both Physical and Mental Stresses

By aiding in muscle recovery, massage can greatly enhance your workout program or balance the demands that an active lifestyle may put on your body. In addition to physical stress, mental or emotional stress can also accumulate and negatively impact our quality of life. Massage provides benefits for our immune systems as well.

Having a "zone-out" massage in a nurturing environment can significantly reduce stress and, at the same time, result in a sense of completeness. Some have found massage even enables them to be more creative; others claim it makes one a kinder, gentler person. Regular massage can be a worthwhile investment in your well being.