

# Complement to Chiropractic Care

## Complementary Health Care

Therapeutic massage is an age-old remedy which has proven to be an effective complement to chiropractic care. Both are holistic in nature, and are based on belief in the innate healing power of the body. Together, chiropractic and massage facilitate the natural healing process by keeping the body in proper alignment and ensuring a free flow of nerve impulses and circulation of fluids.

Problems in the musculo-skeletal system can impede the natural healing process, and often cause dysfunction and pain. Most chiropractic doctors would agree that it is important to treat soft tissues such as muscles and tendons to help prevent and correct subluxations, and lessen the accompanying pain. Together, chiropractic and massage provide you with a more complete and effective system of health care.

## Therapeutic Massage:

- Increases the effectiveness of chiropractic treatments
- Aids in preparing the body for chiropractic adjustments
- Helps relieve pain in muscles and related soft tissues
- Helps prevent future problems

## Benefits of Massage

The therapeutic effects of massage are recognized by personal and clinical experience, and supported by scientific research. They include:

- General relaxation
- Improved circulation
- Muscle relaxation
- Alleviation of certain kinds of muscular pain
- Improvement in cellular nutrition
- Relief from the negative effects of stress
- Reduction of anxiety

## Massage and Adjustment

Local massage in effect need to prepare the body. Massage techniques involve work done to the area, making people more easily adjusted. Many chiropractors and massage therapists are well-versed in a general massage that is based on principles for adjustments. In a



case, it helps you relax and feel better after receiving your chiropractic treatment. Your first massage after adjustments is crucial for regular chiropractic care and for longer.

## Relief and Recovery

The goal of massage therapy is to provide relief to the body. Some common issues include stress, and the response and relaxation, which requires an adjustment. The adjustment is a key to the body's natural healing process. The adjustment is a key to the body's natural healing process.

Therapeutic Massage

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# A Complement to Chiropractic Care



## Problems

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