**Benefits of Massage Therapy** by Robbi Price RMT

With warmer weather finally upon us, it’s nice to get outside and moving! Whether you’re passionate about golf or gardening, or just looking to increase your fitness level, some soreness is expected as your body adapts to new physical demands. Massage Therapy can not only help treat discomfort or injuries associated with new activities, but also helps to optimize performance.

**Benefits of Massage Therapy:**

#### · Increased flexibility and range of motion

#### · Pain reduction and/or management

#### · Injury treatment and prevention

#### · Improved circulation

#### · Relaxation, reduced stress, anxiety and depression

#### · Improved immune function

**Conditions commonly treated by Massage Therapy:**

#### · Musculoskeletal injuries such as strains, sprains and dislocations

#### · Overuse injuries such as tendonitis, bursitis and plantar fasciitis

#### · Tension or migraine headaches, TMJ dysfunction

#### · Carpal tunnel syndrome, frozen shoulder

#### ·Osteoarthritis, degenerative disc disease

####  Carpal tunnel syndrome, frozen shoulder

**Note:** Most **Extended Health Care Group Benefit Plans** will cover Massage Therapy treatments performed by a Registered Massage Therapist in Ontario. Book your appointment today. Call 519-940-3600 or book [online](https://pursuithealthorangeville.janeapp.com/#/massage-therapy).

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