

## **RUSS MEDICAL MASSAGE - Brochure Copy**

### MASSAGE FOR PAIN RELIEF

Are you living with pain? Does it restrict what you can do and prevent you from enjoying life? If so, you're not alone. The Institute of Medicine has reported over 100 million Americans are suffering from inadequately treated pain, and the numbers are growing.

If you're one of these people whose life is limited by pain and you're looking for an alternative to medication or surgery, consider therapeutic massage. Modern research has shown that massage can be very effective in alleviating many of the causes of pain. Therapeutic massage combines variety of massage treatment techniques to help you achieve a structural balance and, in turn, provide relief from pain.

Massage reduces inflammation and enhances blood circulation, promoting healing and pain relief. It is also effective in relieving headaches, back and shoulder pain, and pain associated with repetitive work, such as carpal tunnel syndrome. It doesn't matter if you're a professional athlete, a desk jockey, or a weekend warrior, regular therapeutic massage can help free you from the pain that's holding you back.

Here at Russ Medical Massage, we will work closely with you to develop a custom-designed massage therapy plan that will reduce your pain and enable you to live your life more fully. Contact us today to find out more about how massage therapy can help you: 724-774-8470 or [info@medmassage.org](mailto:info@medmassage.org)

### MASSAGE FOR STRESS RELIEF

Feeling stressed out? Join the club. With today's fast-paced lifestyles, millions of Americans suffer from stress on a daily basis. Sometimes it seems like there's so much to do and so little time to do it. The resulting stress can not only leave you feeling exhausted and worn out, it can also be a serious detriment to your health.

When left untreated, stress can cause any number of life-threatening health conditions such as high blood pressure (hypertension), obesity, heart attacks, strokes, ulcers, and more. It can also be generally debilitating, bringing about things like headaches, neck and shoulder pain, and back pain.

Massage is one of the best ways to relieve stress and get you back to feeling healthy and energetic again. The healing touch of a professional massage therapist can calm your mind, soothe your nerves, and give you a deep sense of relaxation. Therapeutic massage also removes toxins from the body and increases the production of serotonin, which can improve your mood and memory and even help you sleep better. Studies have even shown that massage can boost your immune system.

We all feel stressed-out from time to time. It's just a part of modern life. But if you don't do anything about it, stress can take away your most valuable asset: your health.

Here at Russ Medical Massage, we will work closely with you to develop a custom-designed massage therapy plan that will help you reduce and manage your stress, so that you can live your life more fully. Contact us today to find out more about how massage therapy can help you: 724-774-8470 or [info@medmassage.org](mailto:info@medmassage.org).

### MASSAGE TO BOOST YOUR PERFORMANCE

Most people know that the healing power of massage can help you feel relaxed and rejuvenated. But did you know that therapeutic massage can also help enhance your athletic performance?

Sports massage is a type of massage specifically targeted for athletes who are looking to boost their performance on the field and gain an edge on the competition. It not only provides preventative maintenance, it also shortens recovery time and aids in the rehabilitation process.

Athletes deal with pain on a daily basis, whether it's from general wear-and-tear or more serious injuries. Massage therapy targets the pain-causing inflammation that, if left untreated, can prolong the life of the injury. A professional sports massage therapist can help to ease and control the pain, allowing the athlete to heal more quickly and perform at his or her highest level.

Regular massage also increases flexibility by stretching muscle fibers and easing muscle tension. It also improves circulation, enabling you to get more oxygen to your muscles quicker. And as every athlete knows, the more oxygen you can get to your muscles, the better they'll respond to your needs.

Here at Russ Medical Massage, we will work closely with you to develop a custom-designed sports massage therapy plan that will increase your flexibility, improve your circulation, provide preventative maintenance, and boost your body's healing capabilities. Contact us today to find out more about how massage therapy can help you: 724-774-8470 or [info@medmassage.org](mailto:info@medmassage.org)