

## Massage supports chiropractic . . .

You can benefit in a number of ways by adding massage therapy to your chiropractic care program.

- **Recovery is normally faster and more complete** when you address multiple components of your pain.
- Chiropractic **treatment often proceeds more easily**, with less discomfort, when soft tissue has been relaxed with massage.
- You may be less anxious and **more ready to receive chiropractic adjustment** after a relaxing massage.
- **Adjustments frequently last longer** when muscle tension is released that might otherwise pull your joints out of alignment again.

## And chiropractic supports massage

If you are seeking massage therapy for pain but find your pain persists, recurs or even worsens after your massage, chiropractic could help in these ways:

- If your pain involves a subluxation, chiropractic **adjustment may give immediate relief** as your joint is restored to alignment and mobility.
- You may find that surrounding **soft tissue heals quickly** once it is no longer subjected to the stress of misaligned joints.
- The joint movement in chiropractic adjustments can sometimes **relax deep layers of soft tissue** that can be difficult to reach with massage.
- Your chiropractor can use x-rays and manual diagnostic techniques to **evaluate other possible causes for your pain** and can make appropriate referrals if necessary.

## Which should I do first

Chiropractors and massage therapists generally agree that your adjustment and massage should be scheduled as closely together as possible. Consult your chiropractor to determine his or her preferred order. Whatever the order, the two therapies will build on each other over time to resolve problems, and support your general good health.

## Your total well-being is the goal

Massage and chiropractic are compatible holistic therapies that share the goal of your total well-being, not simply an absence of illness. Both offer natural, hands-on, drug-free techniques. They can be used as preventative as well as restorative therapies. Both work to resolve the cause of your pain rather than treat isolated symptoms. Used in combination, they can help you maintain your optimum health and enjoy life to the fullest.

# Chiropractic and Massage Therapy



## *Body N Soul Massage*



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Back pain, neck pain and headaches are just a few of the painful and distressing conditions that affect most of us at some time. Chiropractic and massage therapy, used in combination, form a powerful healing approach that addresses your pain on many levels. Whether your pain is the result of traumatic injury, overuse or stress, chiropractic and massage combined can greatly speed your return to a pain-free productive life.

### **Chiropractic care for your pain**

Both long-term muscle tension and sudden impacts, such as a fall or car accident, can pull and hold your joints out of normal alignment. These misalignments, called **subluxations**, can disrupt nerve transmissions, especially in the spine which houses nerves affecting the entire body. The result is pain or other symptoms, such as numbness or tingling, both at the site of the misalignment and frequently at related sites elsewhere in the body.

Your chiropractor uses manipulations to return your joint to its normal position and restore joint mobility. Often, this restores balance within your body, allowing a return to optimal, pain-free health.

*Long hours sitting in a car plus the weight I have to carry on my belt have sent me to a chiropractor for pain relief for years. Since combining massage with the chiropractic, I've shifted more to a regular maintenance routine with both. I stay pain-free a lot longer, and if I do have pain it's from "twisting something" instead of the same old chronic problems.*

— Doug, police officer

### **Soft tissue components of your pain**

Joint subluxations, troublesome enough on their own, are almost always accompanied by tension or injury in your **soft tissue**: muscles, tendons, ligaments and **fascia** (connective tissue that permeates muscles and forms protective sheets throughout your body).

Soft tissue pain can actually spread because it causes protective muscle tightening in surrounding areas. Over time, tight, inflamed muscles and fascia (together called **myofascia**) suffer poor circulation and can develop glue-like **myofascial adhesions** which prevent muscles from lengthening completely. Painful trigger points can also develop, often referring pain or tingling to other areas in the body. In extreme cases, tight muscles can compress nerves just as painfully as a subluxation.

### **Why soft tissue is important**

Addressing soft tissue problems is an important complement to chiropractic care. This is because muscles move joints, while ligaments and fascia support them. If a subluxation is adjusted without addressing related soft tissue problems, you may still experience pain. In addition, your tight muscles and shortened fascia can pull your joint out of alignment again.

### **Massage for healthy soft tissue**

Massage therapists use a variety of techniques to address soft tissue problems. Gentle kneading and stretching lengthens contracted muscles and fascia. Techniques such as sustained pressure, ice massage and stretching can release trigger points. Painful sprains and strains, as well as myofascial adhesions, can be addressed directly with massage techniques that improve circulation and stimulate healthy separation and realignment of injured fibers.

In general, massage increases circulation. This reduces painful swelling and inflammation, and

promotes healing by removing waste products and bringing nutrients to your tissues. Like a sponge absorbing water, both fascia and muscles begin to soften and lengthen.

### **Maintaining everyday good health**

Both massage and chiropractic offer preventative care to support your ongoing good health and well-being. A timely visit to your chiropractor can reestablish normal alignment and mobility before secondary soft tissue problems develop.

Regular massage can release chronologically contracted muscles and fascia, improving the balance among muscle groups and promoting healthful circulation. Your body will be more resilient in the face of daily stresses, less prone to injury and subluxation.

Finally, massage triggers the body's relaxation response, interrupting a cycle of stress and muscle tension that can build in response to life's challenges. Feeling relaxed and rejuvenated after a massage, you are less likely to slip into patterns of tension that can contribute to soft tissue problems and subluxations.

### **Supporting your home care**

To the extent that both chiropractic and massage therapy help resolve your pain and improve mobility, you may find it easier to stretch and exercise. This can help you maintain and even improve the flexibility, strength and balance needed to prevent tension, injury and new subluxations.

Massage is also a powerful tool for helping you to become aware of areas of chronic tension or postural problems, and to understand how these affect your body mechanics. You can then take preventative measures on your own before pain develops.