

MASSAGE THERAPY *for* ARTHRITIS

OSTEOARTHRITIS

Degenerative condition resulting from increased wear and tear on the joints

RHEUMATOID ARTHRITIS

Autoimmune disorder producing inflammatory joint symptoms

MASSAGE THERAPY
is a SAFE and EFFECTIVE
TREATMENT OPTION
for patients with
OSTEOARTHRITIS
or
RHEUMATOID ARTHRITIS



DECREASE PAIN

IMPROVE FUNCTION



REDUCE STIFFNESS



INCREASE RANGE OF MOTION



IMPROVE QUALITY OF LIFE

IMPROVE MOBILITY



Massage therapy is particularly effective for osteoarthritis of the knee and rheumatoid arthritis of the upper limbs.

Massage therapy treatment for arthritis may include:

- soft tissue manipulation
- joint mobilization
- therapeutic exercise



To find an RMT near you visit RMTFind.com