

Title:

Back Massage~A Proven Way to Relieve Back Pain

Word Count:

300

Summary:

Back pain is a common ailment; however, people may get better within a few weeks through massa

Keywords:

Back massage, back pain

Article Body:

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Benefits of Back Massage Therapy

According to the American Massage Therapy Association, research proves that massage therapy pr

Improvement in blood circulation in the body, which aids in the recovery of muscle soreness du

Relaxation of muscles for an improved range of motion. Muscle relaxation also helps in the tre

Increased endorphin levels. The increase in endorphin levels is actually one of the greatest b

It is important to ensure that precautions are exercised while receiving massage therapy. Youn

If you have severe lower back pain, it is advisable that you undergo thorough medical checkup

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