

## Massage for Arthritis

It is reported that approximately one-third of Americans will get arthritis as we age. Most sufferers do not always consider massage when searching for ways to manage their arthritis pain. Although massage is not known for healing an arthritic joint, the passive movement in massage can keep joints more mobile.

By stimulating the synovial fluid which lubricates the joints and nourishes the articular cartilage, massage has long been associated with helping to reduce arthritic pain. Massage is helping many clients "feel better" which can be a much welcomed result for those suffering.

According to the Arthritis Foundation, the number of doctors recommending massage to their arthritis patients has increased. The increased circulation around the inflamed and painful joint brings healing oxygen and nutrients vital to rebuilding tissue. Arthritic clients report they find better and longer-lasting relief from massage than from pharmaceutical drugs.

## Easier Movement

With advances in medicine and nutrition, seniors are living longer, more active and healthier lives. Increased activity can increase the chances of muscle injury, while increased inactivity leads to muscle stiffness and weakness. Either way, these conditions have a significant impact on effective movement.

Massage lengthens and softens knotted tissue, removes adhesions and lubricates muscle fibers for easier and greater range of motion. When specific massage strokes are combined with active stretching it revitalizes muscles. In these ways, massage makes movement and exercise easier, and tonifies and wakes up underused muscles.

Compliments of

## Skillful Touch Massage



### Note from Vikki

I have always loved working with people and helping them to improve their health. After six years in the medical field as a certified nurse's assistant, I decided to enter the massage therapy field to make a positive impact on people's health and wellbeing. As part of my training, I have over 1000 hours of massage education, more than twice the requirement for being licensed in the State of Texas including more than 500 hours of advanced training at Lauterstein-Conway, the premier massage training school in Texas.

My advanced training emphasizes rehabilitative or orthopedic massage- addressing pain and injuries affecting movement- to help people get out of pain. Customers like my specialized combination of Thai-style massage and sports massage - a combination of acupressure and passive/ assisted stretching which is beneficial for greater flexibility. With over a decade of experience, and continuing education, I apply skilled, effective therapeutic touch, along with a wealth of acquired training and knowledge to benefit a variety of people including baby boomers and robust or frail senior clients in order to provide a pain-free mobile and healthier self. I look forward to connecting with you and having a conversation about your health goals and what you want to achieve for your life.

## Skillful Touch Massage

Nguyet (aka Vikki) Howard

LICENSED MASSAGE THERAPIST #MTO26561

CELL- (210) 705-0644

BY APPOINTMENT ONLY

SKILLFULTOUCHMASSAGE@GMAIL.COM

HOUSE CALLS AVAILABLE

OFFICE- SAN PEDRO AND WEST HERMOSA



Skillful Touch  
Massage



## Senior Massage



# Healthy Aging

Massage is at the forefront of alternative and complementary therapies by millions of people throughout the United States. As Baby Boomers progress to 65 and older category at the rate of 10,000 per day, this is proving to be the largest segment of the massage industry. Senior massage is more than just a lighter form of Swedish massage. Massage therapy is valuable for the aches and pains associated with growing older. The dramatic rise in the number of aging baby-boomers has mandated many massage therapists to find massage techniques that are specifically designed to help the elderly achieve mind-body harmony.

Nguyet "Vikki" Howard, owner of Skillful Touch Massage, has developed a specialized technique helping people get out of pain. She has advanced training in massage with an emphasis on rehabilitative or orthopedic massage which makes her very popular with all ages but especially the senior and boomer demographics.



*"Nguyet Howard at Skillful Touch Massage, has been a very helpful massage therapist and delightful person to know. Aside from the expertise in her profession, she has a keen mind, sense of humor and lovely personality."*

E. Steinberg, San Antonio, TX

# Massage Benefits for Boomers and Seniors

Massage offers many benefits to boomers and seniors including increased blood circulation, improved balance, decreased depression, reduced arthritis pain, better flexibility and joint mobility, improved posture and better overall health and wellness. Over the years many clients have shared their personal experience of working with Vikki of Skillful Touch Massage.



*"I have had massage for years due to the awful condition of my spine-Vikki at Skillful Touch Massage is by far the best massage therapist I have encountered-she goes deep in the places that have incapacitated me for years. So that I now am in less pain than I have been in for many years."*

V. Campbell- almost 89 years old. San Antonio, TX

# Soothing the Pain

It can be exhausting mentally and physically when a person is in a constant state of pain. These symptoms can have a heavy impact on the body the longer the neglect and abuse. Effective therapeutic touch and applied skill can benefit seniors and baby boomers, from robust to frail clients.

It is never too late to make amends and the pain and tightness relief from massage helps to keep joints flexible and moving. Skillful Touch Massage has helped many clients towards a pain-free, mobile and healthier self.

*"Vikki at Skillful Touch Massage, gives a personalized therapeutic massage. I recommend her work."*

HZ, San Antonio, TX

# Do I need a Doctor's Permission?

According to a 2011 AARP survey on Complementary and Alternative Medicine (CAM), 47% of seniors have used a form of CAM in the past 12 months and massage was the second most popular form of CAM chosen.

If you have a special health condition, before proceeding with massage, you should check with your physician as a simple precaution to ensure your good health. The practitioner you choose should have an understanding of the techniques and pathologies unique to working with senior clients so your healing can be as successful as possible.

The most important first step is communication. Vikki at Skillful Touch Massage prides herself on making your individual health a priority.

