

## Massage in the Work Place

Are your employees over stressed? Many companies across the U.S. are using massage to reward performance and reduce stress. Slouching at a desk for prolonged periods often results in low back pain. Carpal tunnel syndrome is common among office workers. A soothing massage can relieve tension in the neck, back, and shoulders, reducing irritability and increasing productivity.

Studies by the Touch Research Institute show the subjects reported greater alertness and finished math problems in less time with fewer errors. At the end of a five week study period, employees reported reduced job stress and elevated moods. The study findings are significant because the 1993 World Labor Report stated **job stress cost the U.S. economy \$200 billion annually** through less productivity, absenteeism, and direct medical expenses.

Chair massage is easy to add to your benefit package. It is performed onsite in a special massage chair and your employees will remain fully clothed. No oils are used, eliminating concern of stains on clothing. The session usually last from 10 to 20 minutes. Reward the winning department of a team competition to a 15 minute massage for each member of the department

Rebekah Wright, L.M.T.