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Ease Tension and Pain Through Massage

Looking to relieve tension and find pain relief? Acupressure and self-massage are fantastic ways to get the satisfaction you're looking for, and these suggestions take only a few minutes.

Ease Headaches

Trigger points are an alternative way to [relieve headache pain](#). Here are a few:

- For relief from sinus pain, place pressure at the point between your eyebrows directly above your nose.
- Slowly and gently massage both temples.
- Tilt your head back and apply pressure at the base of your skull in a circular motion.
- Use the thumb and index finger of one hand to massage and apply pressure to the meaty area between your other thumb and index finger.

Help Tired Eyes

Whether you're just plain tired or you've spent too much time staring at a screen, a little relief can go a long way. Start at the [inside corner of your eye socket](#) with both thumbs and massage them in tiny circles following your eyebrows and around your eyes. Do this a few times, lingering a little longer at the spot where the eyebrow ridge meets the bridge of the nose.

Alleviate Neck Pain

If you feel neck pain in a spot you can put your finger on, relief may be in sight. If the pain is caused by poor posture or hunching over a phone, make a habit of holding the phone at eye level and sitting up straight. For relief, try massaging your [trigger points](#) to loosen tight muscles, and apply a heat pack or cold compress

Refer
a
friend



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Us



Schedule
an
appointment



to help ease the pain.

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