

# Office Warriors'



## Survival Guide:

How Massage Therapy can Help **YOU** Survive and Thrive in the Office Environment

**James Ward, BA, RMT**

# Warriors? Really?

It may seem silly to call office workers modern warriors, BUT office jobs can be just as damaging to your body over time.



Many painful conditions can arise over time, including headaches, a sore back, and carpal tunnel to name just a few.

## Sample Exercise: Upper Traps Stretch

Ever find your shoulders achy and level with your ears? Try this simple stretch.

It's important to remember that stretches should not be painful. Stop the stretch if it becomes painful.

Sit straight up in a chair with your feet planted on the floor.

Put one hand flat under your backside.

Bend your neck to the opposite side as your hand. Hold for 30 seconds

Repeat 3x and continue with the other side.

This should help keep your shoulders loose and relieve some of the ache.

## Other Afflictions of the Office Warrior

- Headaches
  - Tension and Migraines
- Tight Shoulders
- Sore Upper and Mid Back
- Sore Lower Back
- Thoracic Outlet Syndrome
- Carpal Tunnel Syndrome
- Piriformis Syndrome
- STRESS

&

- More

## Massage Therapy Can Help

Massage Therapists are trained to help alleviate pain.

Our training can help with many, many conditions, all without the use of drugs. We work with you to get the best results possible.

Whether is resolving a condition, or just general stress maintenance,

Your health is our  
priority.

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Check out our website  
[www.qswellness.ca](http://www.qswellness.ca)

Times:  
Mon-Fri: 7 am – 8 pm  
Sat: 9 am – 1pm

Rates:  
60 min = \$70  
30 min = \$40  
15 min = \$20

Available for on-site  
massage. Great for  
employee health and  
moral.