

## **Can Muscle Weakness Put You At Higher Risk For Injury?**

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**Have you ever injured a muscle or area on one side of the body and within no time the joint and tissues below, above, or even on the opposite side of the injury start having issues?**

**Our bodies compensate for muscle and joint weakness by recruiting muscles close to or opposite to the injury in order to maintain balance and function.**

**Simply put, muscle imbalances occur when one muscle is stronger than its opposing muscle.**

**For example, many of us who sit at the computer all day and do little exercise often have weak abdominal muscles and low back muscles that are working extra hard to support our posture. The muscle imbalances experienced in this example often put us at risk for low back pain.**

**Our bodies want to be balanced. They function best when everything – muscles, tendons, bones – are equally healthy and strong. When we make a movement, every muscle has to pitch in and do what it can. If a single muscle falters, the others have to pick up the slack, and over time, you are at greater risk of pain and injury.**

**Massage Therapy addresses all aspects of an injury including areas of imbalance. Massage can help you better understand your body's strengths and weaknesses and put you on the right path to achieving overall body balance.**