Learn about Deep Tissue Laser Muscle Therapy and how it can tune-up your life

California, Los Angeles, Mar 11, 2021 (Issuewire.com) - February is the month of love. At Aim Sports Medicine, we teach the importance of loving ourselves by taking great care of our bodies. Your body is your instrument for your entire life.

Would you like to move through life playing a priceless Stradivarius Cello or a beat-up version from the local music shop? According to an article in the New York Times back in 2012, a prized Stradivarius Cello sold for over six million dollars. You can buy a cello on amazon today for $189.00. Which one do you think would be treated better?

If you speak with a world-class cellist like Yo-Yo Ma, he will probably say that much of his music flows from his relationship with his cello. A master musician has a deep appreciation for his instrument. A master of the cello knows they can only go as far as their instrument will allow regardless of their knowledge of music.

It’s the same with an athlete and their body. The body is their instrument for competition on the field as well as in life. You don’t get to be a Super Bowl All-Star like Tom Brady without taking proper care of your body. It’s an inside and outside job. Mind, Body, and Spirit. How you eat, how you work out, how you rest, and how you heal.

Athletes push their bodies to extremes. They are working daily with their trainers, experts in nutrition, performance, and rehab coaches. Each athlete has a customized plan for healing and rebuilding the body. You can’t keep punishing your body without the care and maintenance of the systems that allow you to excel.

While you may not be a professional athlete, most of us have very demanding lives. We work hard and like to play hard. We need our bodies to be there for us when we want to play full out and for the day-to-day life challenges. Sometimes we push too far or just get injured.

We can learn from the athletes by developing a healing plan to take care of our instruments. After all, we need this body to work for the long haul. Don’t you want to keep competing in those triathlons? Say yes to playing tennis with your pals? Surfing with your grandkids, or just going through life without pain and suffering?

Ami Sports Medicine, the top sports medicine practice in the south bay area, is dedicated to helping you to live your best life. When your body is tuned up, you won’t have to sit on the sidelines, wishing you had the instrument to get back in the game.

We offer a complete plan for healing and aligning the body. Our clients are amazed at how effective our treatment plans are. If you have been putting up with pain and discomfort, now is the time to get tuned up for all your spring activities.

Show your body a little love. We offer Physical Therapy, Soft Tissue Management, ExoArmer Manual Therapy, Fascial Stretch Therapy, Acupuncture, Massage Therapy, and Personal Training.

This month we are featuring our Light Force Deep Tissue Laser Therapy. Deep tissue laser
therapy is a painless and quick way to heal. We call it our "magic wand." Laser treatments promote healing at the cellular level, alleviating pain and reducing inflammation. Our body reacts to light from the laser, activating the cells and promoting healing. Deep Tissue Laser Therapy is painless. Our patients say the treatment is soothing and relaxing. This non-invasive treatment takes about ten minutes a session. Most patients report feeling better from the very first session. The average treatment is about 4-6 sessions.

Light Force Deep Tissue Laser Therapy is useful for:

- Acute pain due to localized injury
- Inflammation
- Chronic pain
- Postoperative conditions
- Tendon and muscle injuries

Deep Tissue Laser Therapy is a non-surgical and natural treatment that activates your body's healing process. Most professional sports teams rely on laser therapy as part of their healing regimen.

Give yourself some love. Call today to schedule a free treatment. Let us put together a plan for tuning up your instrument. At Aim Sports Medicine, we have an extraordinary team of professionals who coordinate your treatment plan and optimize function.

Aim's philosophy is to treat the physical condition and not just the symptoms. They work with the top professional athletes and treat anyone looking for better function and performance.

If you are looking for a team of the top physical therapists in the South Bay, then reach out to Aims Sports Medicine today for a consultation.

Call today to start your better life and best performance. Set your goals and Aim High!

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