Technik Masażysta – język angielski zawodowy 30.03.2020 Piotr Machynia

Zapoznać się z tekstem oraz przetłumaczyć podkreślone zwroty.

**Common Problems in the Workplace**

**Pain**. From laborers whose work requires heavy lifting to office workers who find themselves in front of a computer all day, pain is a common problem. Carpal tunnel syndrome and low-back pain and stiffness are two of the most prevalent issues workers face, and overuse and overexertion are often the root causes. Poor posture can also lead to pain in the shoulder, neck and back.

**How massage can help**. Massage can help reduce some postural imbalances, as well as relieve inflammation and nerve entrapment. If you have clients with carpal tunnel syndrome or neck, shoulder or back pain, you do need to do a thorough assessment prior to starting the massage session so you know exactly what muscles to work.