Journal of Novel Physiotherapies
ISSN: 2165-7025

Review Article Open Access

Keywords: Exercise; Muscle therapy; Wellness; Injury prevention; Mental health

Introduction

Exercise and muscle therapy are two indispensable components of a healthy lifestyle. ey work in tandem to help individuals achieve their tness goals, prevent injuries, and promote overall well-being. In this article, we will explore the synergy between exercise and muscle therapy,