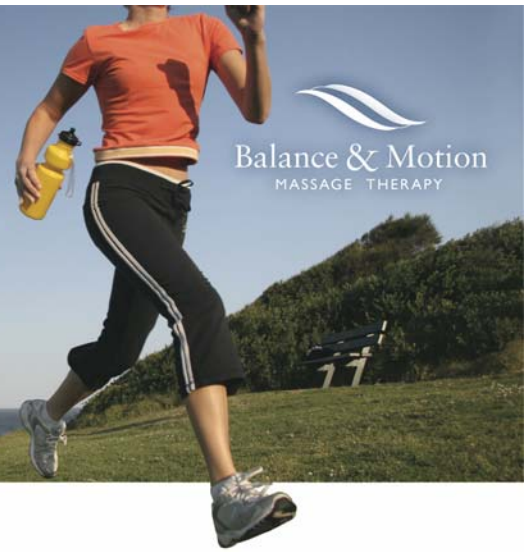


B&M news

NEWSLETTER OF BALANCE AND MOTION MASSAGE THERAPY


Balance & Motion
MASSAGE THERAPY



DECEMBER 2007

'Tis the Season

Happy holidays. I hope you have a wonderful holiday season with your family and friends. Here are a few tips to help you enjoy this time of year a little bit more.

Stretches for Head and Neck Area

Many people have tight muscles in their head and neck area often due to poor posture or specific repetitive activities that can be exacerbated by stress. Tight muscles in this area are often the culprits for headaches.

Stretch #1 Upper Trapezius

To begin stretching the right side of your neck:

1. Sit on your right hand (this holds the shoulder down).
2. Keeping your head/nose straight, tilt your head toward your left shoulder
3. Hold this position for 15-30 seconds. During this time you should feel a mild stretching sensation on the right side of your neck. If this stretch feel does not decrease in 30 seconds ease up on the tension and try again.
4. Stretch both sides twice.



Stretch #2 Posterior Scalene

1. Follow steps 1-2 for the upper trapezius stretch.
2. With your head leaning towards your left shoulder, tilt your head forward slightly and look at your left knee.
3. Hold this position for 15-30 seconds. During this time you should feel a mild stretching sensation on the right/back side of your neck. If this stretch feel does not decrease in 30 seconds ease up on the tension and try again.
4. Stretch both sides twice.



Stretch #3 Anterior Scalene

1. Follow steps 1-2 for the upper trapezius stretch.
2. With your head leaning towards your left shoulder, tilt your head back slightly and look up towards the ceiling.
3. Hold this position for 15-30 seconds. During this time you should feel a mild stretching sensation on the right/front side of your neck. If this stretch feel does not decrease in 30 seconds ease up on the tension and try again.
4. Stretch both sides twice.

Paula Burchat BA, RMT, ART certified

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Snow Shoveling Tips

Winter has landed on us with a blast. Time to get the snow shovel out. Before you head outside be prepared with the right tools, technique and understanding to perform this task properly and avoid back or shoulder injuries.

Before picking up the shovel, warm up for 5-10 minutes by walking and performing gentle arm swinging movements to help prepare your muscles. Start slow, continue at a steady pace and take a break every 5-7 minutes. Shovel early and often: new snow is lighter than heavily packed and partially melted snow.

Choose a shovel that is sturdy yet lightweight. Some models have ergonomically correct, curved handles, which will help prevent injury and fatigue. Wear multiple layers of clothing so that you can open zippers or remove layers as you get warmer.

Use proper technique to protect your back:

- stand with feet at hip width for balance
- hold the shovel close to your body
- space hands apart to increase leverage
- bend your knees not your back
- push snow rather than lifting it

- avoid twisting while lifting
- walk to dump snow rather than throwing it

Off The Table

I've just returned from working the Canadian Boxing Championships in Richmond, B.C., Nov. 27 – Dec. 2. I was the team therapist for Boxing Ontario and our athletes fared very well.

Gift Certificates

If you are looking for gift ideas for Christmas, gift certificates are available for 30 and 60 minutes massages at \$45 and \$75 respectively.

Office Hours

Monday	12:00p.m. – 8:00p.m.
Tuesday(morning)	8:00a.m. – 12:00p.m.
Tuesday(evening)	4:30p.m. – 8:00p.m.
Wednesday	11:00a.m. – 5:00p.m.
Thursday	8:00a.m. – 2:00p.m.
Friday	11:00a.m. – 6:00p.m.

Beginning December 16th, I will be changing to the office hours indicated above. The office will be closed December 24, 25, and 26. However, I will be working **Saturday, December 28th from 8a.m. – 2p.m.**

About B&M

Balance and Motion Massage Therapy provides massage and Active Release Techniques. Clients include athletes, weekend warriors, people looking to improve posture, headache sufferers or those with acute or chronic injuries.

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