Balance & Motion Massage Therapy Newsletter

May 2007

Welcome

This is the first issue of the BMMT newsletter. I will publish it every two months to inform clients about clinic changes, self care tips such as stretching or strengthening exercises and other information. I hope you find it useful.

Online for Business

Starting May 14th, 2007, you can book your massage and ART® appointments online. Visit www.balanceandmotion.ca and click on the link to the booking calendar. It's very simple to use. First, register for a password, which will be e-mailed to you along with directions for using the calendar. Then login with your e-mail address and password. You'll be directed to the calendar where you pick your date, treatment type and time. Upon booking, an immediate appointment confirmation will be e-mailed to you and 48 hours before your appointment you will receive a reminder e-mail. If you have any questions about the calendar, please contact me directly.

Frequency of Massage and A.R.T.

How frequently should a person come in for treatment? There is no simple answer. Treatment frequency depends on several things: the type of treatment, level of activity, cause of injury or dysfunction, level of pain and decreased range of motion.

I often use ART for specific injuries and massage for relieving pain or fatigued muscles and general relaxation.

No matter which techniques are used, it is more beneficial if the initial 2-4 treatments are close together (within 10-14 days). Once the primary symptoms abate we can then move to a maintenance schedule to ensure the problem does not resurface. Prevention is then the name of the game. Regular treatment can identify problems in early stages before they develop further.

Stretch into Spring

With the winter blahs now past it's time to get the body moving again. A good way to start is with some stretching to increase flexibility. This is particularly helpful for those thinking of starting an activity that you haven't performed in a while like running, biking or gardening!

Take 10-15 minutes to warm up before stretching by taking a short walk or a hot shower. When you stretch, you should feel a pulling sensation that gradually decreases in 15-30 seconds. It should not hurt and the muscle should not shake. If the stretch feeling does not decrease, reduce the tension on the muscle and try again. Do each stretch two times on both sides of the body.

Hip Flexor Stretch

Many people have tight hip flexor muscles sometimes due to prolonged sitting at work or squatting while gardening. Tight hip flexors are often the culprit for low back pain. This is an important group of muscles to stretch for runners, cyclists and gardeners alike.

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There are a few muscles that perform hip flexion collectively. This stretch is for the psoas muscle:

1. Stand in a staggered leg position; right leg extended back.
2. Slowly, lean your torso back until you feel a mild pull sensation in the lower abdominal area.
3. Hold this position for 15-30 seconds. During this time you should feel the sensation decrease. If it does not, ease up on the tension and try again.
4. Stretch the left side and repeat.

Off the Table

I'll be busy again this spring competing in ultramarathon running events including the Canadian 100K Championships on May 5th in Toronto. I am also continuing to work towards my Sport Massage Therapist certification. This April I took part in the Athletics Canada training camp for the national 4x100m relay teams here in Ottawa at the Dome Louis-Riel. I will also volunteer my services at the Ottawa Marathon May 26-27.

Featured Upcoming Events

NCRA Beaverchase #1 1&4 miles
May 8 www.ncra-ottawa.com
Ottawa Race Weekend
May 26-27 www.runottawa.com

BMMT Office Hours (May 2007)

Monday	11:00a.m. – 6:30p.m.
Tuesday	8:00a.m. – 2:00p.m.
Wednesday	11:00a.m. – 5:30p.m.
Thursday	8:00a.m. – 12:00p.m.
	3:00p.m. – 7:00p.m
Friday	11:00a.m. - 6:00p.m.

About

As a registered Massage Therapist, I provide massage and Active Release Techniques services. Many of my clients are assessed and treated for athletic injuries, postural dysfunction, headaches as well as many other acute and chronic injuries.

Contact

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