Balance & Motion Massage Therapy Newsletter

October 2007

Parking at New Location

Just a reminder that I am now located at 50 Hutchison Ave near the Civic Hospital. Parking is available in the driveway. Please park to the far left or right (on the interlocking brick) to leave enough space for a second car to park as well.

Nordic Walking

At this time of year, I often hear people mention that they have a hard time staying motivated with their fitness program. Trying something new is an excellent way to reinvigorate your interest in fitness, stay healthy and boost your energy levels. In recent years, Nordic Walking has been recognized as a thorough full-body exercise for anyone from Olympic-caliber athletes to people trying aerobic activities for the first time. Developed as a cross-training activity for cross-country skiers, it has evolved into an activity of its own.

When you are Nordic Walking, you have ski-type poles in hand and you use a technique that is a cross between power walking and cross-country skiing. The use your arms and poles reduces the load or force on your legs as compared to simply running or walking, but you can still increase your heart rate and burn a significant number of calories. Nordic walking is a form of resistance training and can provide an increase in bone density without the wear and tear on your hips, knees and ankles.

Learning the proper technique and using the correct height of pole is important to avoid injury. The Canadian Nordic Walking Association, created in 2006, provides general information about the sport at www.cnwa.info. In Ottawa, Anna Ekstrandh is a Nordic Walking instructor certified by the International Nordic Walking Association. She instructs private and group clinics in the west end. Her website is www.outstride.ca.

Remedial exercise

Following each treatment, I generally provide a series of specific exercises for you to perform on your own. There is a method to my madness! While the treatment I provide helps to relieve tension and repair problems hindering the function of your muscles, it is only one step in the healing process.

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The next steps are stretching and then strengthening. In the initial weeks of treatment, I normally assign you with specific stretching exercises to help you regain muscle flexibility and to reinforce changes made during the treatment. As the treatments progress and your muscles become healthier you can begin strengthening activities to help retrain the muscles to function efficiently.

This entire process from treatment to flexibility to strengthening is important to follow so that you achieve effective healing and ensure the problem does not reoccur.

Off the Table

Once again I'm volunteering Wednesday nights to finish off my sport massage therapy certification hours. This time I'm working with the Beaver Boxing Club. It's very different from working with the track and field athletes at the Ottawa Lions!

For anyone interested, I've written a race report about the 100K World Championship in The Netherlands and it will soon be posted with pictures on the "About" section of my website.

Office Hours

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

For the winter (Dec. - Mar.), I am considering adding extra hours either on Tuesday evenings (4-8p.m.) or Saturday afternoons (1-5p.m.). If this is of interest to you, please let me know your preference.

About

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

Contact

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