



# Staying in Touch®

## Hello—

Another year is moving right along and autumn is right around the corner. For many, the last few months of the year can be an especially busy time. Staying busy is fine, as long as you maintain control of your schedule. Be sure to leave yourself some “me time” so you can take care of your personal needs.

Before we say good-bye to summer and sail headlong into a frantic fall, remember that you can schedule a quick vacation from your day-to-day life with a relaxing and rejuvenating massage. It may not be a trip to Tahiti, but it's a great getaway—and always available to you!

A busy life can put demands on your body. The main article this month focuses on your mobility and how massage can help. Remember, if you have anything going on with your body—a stiff neck, a sore knee, etc.—be sure to bring it up at your next massage session, so we can address it.

Of course, if you have any specific questions about your health and how massage can help you, just ask.

Enjoy the waning days of summer; see you soon!

## How Does Massage Help Your Mobility?

When you think about massage benefits, you probably picture relaxing tense muscles and relieving stress. Another great benefit is improving the mobility in your joints and your range of motion. Your ability to move easily and to perform virtually any task depends on the mobility of your joints.

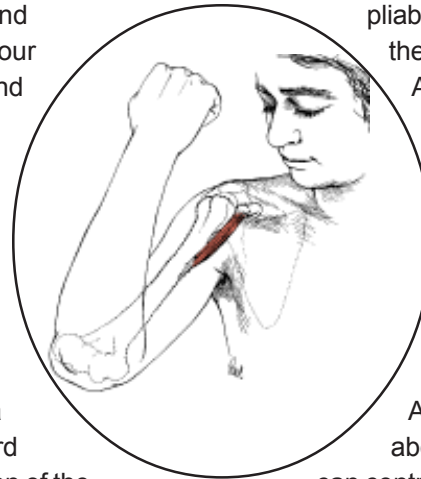
When you decide to take a drink, nerve impulses instruct your muscles to contract, enabling you to grasp a glass and move it toward your mouth. The function of the joints in this example is to regulate the range of motion of your fingers, wrist, elbow, shoulder and neck to successfully complete the required task. If any of your joints are stiff or in a locked position—or in some cases too loose—it becomes more difficult or impossible to complete the sequence of motions.

### **What can interfere with joint function?**

Lack of use can lead to a joint locking up. If the proper spacing between two joint

surfaces is not maintained, function is altered. The ligaments—bands of strong, flexible, white tissue that connect and support the joints—must be firm enough, pliable and properly supportive or the joint performance will suffer.

A muscle contraction can pull the joint out of alignment. If a muscle gets a partial signal from a nerve, it may tense rather than completely contracting. This tension can prevent the joint from proper function.



As you can see from the above example, many factors can contribute to limited range of motion, joint pain, stiffness, etc. Fortunately, your regular massages can help your joints to perform at a more optimum level.

For instance, each massage can help to increase the circulation to the joint area so each joint will receive the raw materials and nourishment it requires. This increased circulation can help to remove any cellular waste as well.

See **Massage and Mobility ...** on back page

## Massage for Chronic Neck Pain

Massage treatments significantly reduce chronic neck pain, according to researchers at the University of Washington. Sixty-four patients were split between two groups. One received a self-care book; the second received up to 10 massages over 10 weeks. Those receiving massage reported a 39 percent improvement on the neck disability index; 55 percent said their neck pain became less bothersome overall. The results, published in *The Clinical Journal of Pain*, were particularly strong at the four-week mark and suggest massage has promise as a short-term treatment.

Source: *Massage & Bodywork* July/Aug '09

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## Massage and Mobility ...

(Continued from front page)

Your joints are affected by the ligaments, muscles, and tendons that surround them. So when your muscle function is improved, it can positively affect the neighboring joints. The proper attention to a joint area can help to improve the range of motion, reduce painful conditions, and restore its performance.

Proper exercise can help as well. Joint movement encourages lubrication of the joint. The ligaments, tendons and joint capsule are warmed from the move-

ment, which helps to keep these tissues pliable.

It's important to avoid undue stress to your joints. Besides inviting injury, trying to do too much, too soon when working with a stressed, weakened or injured joint can prevent recovery. Be sure to stay within each joint's limitations when exercising, stretching, or in normal activity. It's better to go slowly than to risk injury.

Your regular massages help to return proper balance to your body's many systems—your muscles, joints, tendons, etc. The conditions that tend

to cause a muscle to remain too tense or a joint to be stiff and limited in its motions can be normalized in many cases.

Each day brings new challenges to your body's functions—many that manifest as tensions, aches, pains, and limited ranges of motion. Making sure you get regular bodywork sessions can help your body to overcome many of these challenges and maintain a happier balance, as well as helping to head off some potential problems before they adversely affect you. So contribute to that freedom of movement by keeping a regular massage schedule! Make *your* future a healthier one.

**Reference:** Mosby's Fundamentals of Therapeutic Massage; Graphic from the MediClip Manual Medicine Collection, Williams & Wilkins, A Waverly Co.

## ~ Men & Women ~

- **Women can detect smell better than men can**
- **Men can read smaller print than women can**
- **Women can hear better**
- **Men get hiccups more often than women do**
- **Women blink twice as often as men**

**Source:** *This Book of More Perfectly Useless Information* © 2005 by Mitchell Symons

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***“Many people will walk in and out of your life, but only true friends will leave footprints on your heart.”***

**—Eleanor Roosevelt**

*The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.*