

# Massage by Lucy -Newsletter-

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Member, Associated Bodywork & Massage Professionals

## Whiplash

### Healing a Pain in the Neck

Hope Bentley

Getting rear-ended in traffic. Face-planting at the bottom of a ski slope. Tumbling over the handlebars on your bike. Whiplash comes in many forms and can become a long-term problem if not treated correctly. Fortunately, massage and bodywork can address the ache and discomfort that come with whiplash and prevent chronic pain down the road.

### Understanding Whiplash

The term "whiplash" came into use in 1928. Doctors will sometimes use "hyperextension injury," to describe it, but "whiplash" is a more visceral account of what has happened to the victim's

Car accidents are the most common causes of whiplash. The American Academy of Orthopedic Surgeons reported that about 20 percent of people who have been in rear-end collisions later report whiplash symptoms. Whether front to back or side to side, whiplash can affect muscles all the way into the victim's back and arms. The most serious form of whiplash compresses nerves in the neck and cause multiple sprains of the ligaments.

The good news is, serious hyperextension injuries are in the minority, as whiplash usually comes in the less serious version of the injury. "Fortunately, about 95 percent of the time whiplash tends to be more



Whiplash injuries can lead to headache as well as neck, jaw, and back pain.

neck. The neck itself has made a whip-like motion bending first towards and then away from the point of impact. As the head moves rapidly in one direction, the muscles in the neck receive the message to contract. The momentum of the head can cause strain or sprain to the muscles and ligaments in the neck as the head reaches the end of its movement.

superficial damage, like slight muscle strains and tears," says Ben Benjamin, Ph.D., a massage therapist who holds a doctorate in education and sports medicine. But whether the pain is minor soreness or serious discomfort, massage can provide relief and prevent chronic problems in the long run.

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*A man's health  
can be judged  
by which he  
takes two at a  
time -- pills or  
stairs.*

-Joan Welsh

#### Office Hours and Contact

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Please call for an appointment.

Hours & prices may vary by location.

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## Whiplash Symptoms

The symptoms of whiplash include neck pain and stiffness, headaches, pain in the shoulder or between the shoulder blades (sometimes called "coat hanger pain"), low back pain, and pain or numbness in the arms or extremities.

Often people who suffer whiplash do not feel the effects until two or three days after the injury-causing incident. Benjamin explains that this delayed onset is because it takes time for scar tissue to manifest in the sprained or strained muscles and ligaments. And because scar tissue is more adhesive than regular tissue, people experience it as stiffness in the injured areas.

Whiplash affects primarily the neck, but victims shouldn't ignore the rest of the body. This injury can pull the long muscles on either side of the spine, which reach all the way to the tailbone and can cause discomfort along the way. Discomfort or stiffness in the chest and arms can also be due to whiplash. And headaches may be the result of slowed circulation to the head caused by the swelling in the injury.

## Massage Can Help

Any massage that causes a general relaxation of the client's muscles can help relieve muscular pain in common types of whiplash injuries. In addition, massage increases the amount of oxygen that reaches the healing tissues and opens those tissues so they can receive oxygen and nutrients, thus speeding the healing process.

In addition to relaxation massage, specific bodywork methods ease acute whiplash discomfort and help prevent chronic fallout. For example, myofascial approaches restore fluidity to the fascia--normally a slippery tissue that surrounds all the moving parts inside the body--allowing freer movement of muscles and ligaments. Friction-based massage helps break up scar tissue and relieve stiffness. Trigger point therapy works by releasing tension held in tight knots of muscle. And any type of bodywork that stimulates circulation helps ease and prevent headaches.

Finally, the incident that caused the whiplash in the first place, (a car wreck, for instance) can be traumatic. Massage

helps relax a client's psyche as well as their muscles, helping her or him work through the emotional issues induced by the accident.

Because the neck is such a delicate part of the body, it is important to proceed with caution. Benjamin advises waiting a few days after the accident to seek treatment. This allows the initial scar tissue to knit, which is an important part of the healing process. The initial treatment should be extremely gentle, and if there is a chance of a fracture, a concussion, any disc problem or other serious injury, the client should make sure to see a physician first.

## Let the Healing Begin

It used to be that physicians would immobilize whiplash injuries with a cervical collar, but now health care professionals advise a more temperate course for their patients.

"I recommend gentle neck movement within your range of motion while lying on a pillow," says Benjamin. Movement may help prolong the benefits of the massage by continuing to circulate blood, oxygen, and nutrients through the healing tissue. "Heat or cold, whichever feels better, can also help," says Benjamin. "Soaking in a hot bath can also be beneficial." Limiting physical activity for a few days and getting plenty of rest in the wake of a whiplash injury is also a good idea.

Whiplash is traumatic and should be addressed soon after the injury to avoid any chronic problems. If you or someone you love is suffering from the repercussions of whiplash, consider a bodywork session to ease the discomfort. Massage can help lessen muscle pain, induce relaxation, and ease the trauma often associated with whiplash. You'll be back to your old self in no time.



Bodywork has an arsenal of methods to treat whiplash injuries for a full recovery.

# Nature's Nutritional Wonder

## Cruciferous Vegetables

Cruciferous vegetables are powerful foods that can help prevent many forms of cancer, reduce existing cancer tumors, and aid in the prevention of heart disease. Broccoli, cabbage, cauliflower, arugula, kale, and Brussels sprouts all contain isothiocyanates--a group of chemicals that break down carcinogens in the body, helping to metabolize toxins. Studies show that people who eat two to three servings of cruciferous vegetables each week lower their risk of breast cancer, colon cancer, and lung cancer. A National Cancer Institute study found that eating three helpings of crucifers a week dropped prostate cancer risk by 50 percent. The powerful chemicals in these veggies also reduce homocysteine levels, a known precursor to heart disease.

Cruciferous vegetables are low in calories and high in fiber and the chromium found in these foods helps regulate blood sugar and insulin function, key factors in keeping diabetes at bay. Even with all the benefits that crucifers provide, many people refuse to

eat them because of their strong taste. But a little creativity can go a long way in making these wonderful foods palatable: try cream of broccoli soup, cauliflower au gratin, stuffed cabbage, or the recipe below--the possibilities are endless.

### BRUSSELS SPROUTS FOR THE MEAT-AND-POTATOES EATER

*1 pound fresh Brussels sprouts, washed, stems trimmed, and outer leaves removed*  
*1 tablespoon extra virgin olive oil*  
*2 tablespoons unsalted butter*  
*3 tablespoons cider vinegar*  
*1/4 cup grated Parmesan cheese*  
*Salt and pepper, to taste*

Thinly slice Brussels sprouts, either in a food processor fitted with a slicing blade, or by hand. Heat a heavy, nonstick skillet. Add olive oil and butter, swirling the pan so that the butter melts. Saute sliced Brussels sprouts for 5 minutes. Add cider vinegar and grated Parmesan, stirring briefly to incorporate. Add salt and freshly ground black pepper to taste. Serves four--who will all be healthier for it!



Cruciferous veggies help ward off disease.

# Long Live Cells with Vitamin E

## Antiaging Inside and Out

A good skin care regimen is comprised of an antioxidant-rich diet and vitamin/mineral supplementation that includes vitamin E -- an essential key to a healthy complexion. Vitamin E is unique in that it's not one vitamin, but a family of eight fat-soluble antioxidants, including four types of tocopherols and four types of tocotrienols -- alpha, beta, gamma, and delta. Alpha-tocopherol is the most common and most potent form of vitamin E.

This important nutrient works to prevent aging by prolonging the useful life of cells in the body. By protecting and strengthening the cell membrane, vitamin E wards off free radical attacks caused by sun exposure and also helps combat disease. This protection is

further intensified when combined with vitamin C. Vitamin E also helps in the formation of red blood cells, protecting them from destructive toxins and cell damage, which also helps prevent skin cancer.

Vitamin E-rich foods include wheat germ; almonds, peanuts, and walnuts; safflower, corn, and soybean oils; and green leafy vegetables. For supplementation, the recommended daily intake of vitamin E is 400 IU. Be aware that high doses of vitamin E (1,200 IU daily or more) can be toxic and cause oxidative damage.

It is imperative that when taking the supplement orally, it is in the natural form, designated with a "d," and not

synthetic, designated as "dl." Mixed tocopherols--meaning a combination of alpha, beta, gamma, and delta--are easily absorbed and a good choice, especially in skin care products.

Topical creams and oils containing vitamin E promote healing, protect cells from free-radical damage, and reduce itchiness--very helpful in treating conditions such as sunburn and eczema.

In addition to contributing to healthy skin, vitamin E has many other beneficial properties, including slowing the progression of Alzheimer's disease, decreasing oxidative stress associated with asthma, alleviating arthritic conditions, decreasing PMS symptoms, and reducing the risk of heart disease.

*Kindness in  
words creates  
confidence.  
Kindness in  
thinking creates  
profoundness.  
Kindness in  
giving creates  
love.*

-Lao-Tzu

Hello --

Alas, summer is over. Back to school & schedules again. At least our summer wasn't so hot this year! Let's hope for a pleasant Fall.

In the midst of new schedules and classes, remember to take care of your body. At least bi-weekly or monthly maintenance can help keep problems at bay and not get to a hurts-a-lot or causing problems stage. I have also added Lymphatic Drainage to the services I provide. It's very good for detoxing, boosting your immune system, and helping rid fluid that has accumulated in your tissues, like swelling and bloating, etc. And it is quite relaxing.

The building I have been leasing my room in is getting torn down, so, I have to relocate one more time, but will continue seeing clients at this 15th & Coit location until I move. I'll post the new location on my website when I find a room and get moved in. But I will continue to see clients at Dr. Carol Solinsky's office in Carrollton, and do outcalls as usual.

If you would like to make an appointment with me, please call me on my cell phone: 469-231-2911

Sincerely, Lucy :-)

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## Massage by Lucy

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Carrollton, Plano, & N. Dallas area, TX



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