

Therapeutic Massage by Lucy --Newsletter--

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Member, Associated Bodywork & Massage Professionals

Massage Multiplied

Benefits of Massage Improve with Frequency

Karrie Osborn

What kind of massage client are you? Do you make an appointment after someone has given you a massage gift certificate? Do you try to get in every now and then for a stress-relieving tune-up? Or do you see your therapist religiously--once a week, every three weeks, once a month?

While getting a massage--regardless of how often--is incredibly beneficial to your body and mind, getting frequent massage treatments is even more powerful as a healthcare ally.

"People who get massage regularly demonstrate a reduction in pain and muscular tension and an improvement in posture," says Anne Williams, author

Stress Killer

One way in which frequent massage can improve our quality of life is by alleviating stress. Experts say most disease is stress-related, and nothing ages us faster--inside or out--than the effects of stress. As stress-related diseases continue to claim more lives every year, the increasingly deadly role stress plays in modern-day life is painfully clear.

Massage is a great way to take charge and reverse the situation. Mary Beth Braun and Stephanie Simonson, authors of *Introduction to Massage Therapy* (Lippincott Williams and Wilkins, 2007), explain the benefits of massage



Regularly scheduled massage has proven a powerful ally in health and wellness.

of *Spa Bodywork: A Guide for Massage Therapists* (Lippincott Williams and Wilkins, 2006).

"People regularly make a commitment to fitness. People regularly make a commitment to changing their diet. The difference they'd experience if they regularly made a commitment to massage is mind-blowing," she says.

therapy in the simplest of terms: "Healing input influences healing output." They note that frequent massage can reduce the accumulation of stress and improve overall health. "The benefits of massage are cumulative," they write.

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"Blessed are those who give without remembering and take without forgetting."

-Elizabeth Bibesco

Office Hours and Contact

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This being the case, it only makes sense that those aches and pains you see your massage therapist for might disappear faster, stay away longer, or even go away altogether with more frequent visits. Stress might never reach those physiologically detrimental levels where the immune system is suppressed or the nervous system is sent into an alarm state if you are able to receive stress-relieving bodywork with some consistency. Not only would your body benefit by regularly unleashing its aches and pains instead of adapting to them, but your mind would have time to wash away the stresses of a life lived in overdrive. Both are critical pieces for living well.

Experts say the body and mind can learn to live more calmly, more efficiently, and more healthfully when frequent massage shows the way. That makes for a healthier whole, allowing us to continue to live life at its fullest, even as we deal with each new stress or challenge.

Preventive Measures

In so many ways, massage is preventive health care. Yes, it can address injuries, scar tissue, and chronic pain, as well as provide relief for cancer patients and reduce hospitalization for premature babies, among many other valuable benefits (go to Massagetherapy.com for more information on the myriad benefits of massage). But when the healthy, and trying-to-be-healthy, among us seek out massage on a regular basis, it helps us live a proactively healthier life.

Since bodywork influences every system in the body, there are enormous possibilities created by increasing the frequency in which you address those systems. It's best to discuss your session goals with your massage therapist and together devise a plan of frequency that meets your needs, while taking into account your therapist's best advice.

Body Awareness

According to Benny Vaughn, sports massage expert and owner of Athletic Therapy Center in Fort Worth, Texas, one of the benefits of consistent and regular massage therapy is better flexibility. "This happens because regular and structured touch stimulus enhances the nervous system's sensory and spatial processing capacity," he says.

"That is, the person becomes more aware of their body's movement in space and becomes more aware of tightness or pain long before it reaches a critical point of mechanical dysfunction."

Quite simply, frequent massage puts you more in tune with your body. "The consistency of massage therapy over time creates a cumulative stress reduction effect," Vaughn says. "The person becomes acutely aware of stress within their body long before it can create stress-driven damage."

He says the consistency of receiving regular massage therapy has the potential to create a cumulative wellness effect. "Ultimately when one feels good, our whole being follows suit on all other levels--i.e., decision-making is better, processing life events is better, and being happy is easier when you are not in pain or feeling 'heavy' or 'tight.'"

Williams says she's certain people's lives would be changed if they could schedule massage and bodywork more frequently. "I encourage clients to commit to getting massage once a week for a month and then evaluate the results they get," she says. "I guarantee they will become massage enthusiasts for life."

Massage Can...

- Alleviate low-back pain and increase range of motion.
- Create body self-awareness.
- Improve muscle tone and stimulate their nerve supply.
- Improve elasticity of skin and promote skin rejuvenation.
- Improve sleep and calm the mind.
- Increase endorphin and serotonin production.
- Reduce edema, as well as joint inflammation.
- Release negative holding patterns from previous injuries.



A consistent massage routine helps you manage stress before it causes illness.

Keeping Your Back Healthy

Tips to Avoid Lasting Pain

Chances are good that, at some point in your life, you will have back pain. In fact, 70-85 percent of Americans will experience back pain at some point in their lives. But even with those odds, there are still several ways to minimize your risk and give yourself the best chance to live pain-free.

Several factors can cause back pain, including stress, poor posture, bad ergonomics, lack of exercise, arthritis, osteoporosis, a sedentary lifestyle, overexertion, pregnancy, kidney stones, fibromyalgia, excess weight, and more.

With all of these potential causes lurking, it's important to look at behaviors that can help you prevent and avoid back pain before it starts. Here are a few simple healthy back tips from the National Institute of Neurological Disorders and Stroke:

- Stretch and warm tissues before exercise or other strenuous activities.
- Practice good posture. Avoid

slouching when sitting or standing.

--When standing, keep your weight balanced on both feet.

--Follow good ergonomics in the workplace. When sitting for long periods of time, rest your feet on a foot support. Make sure your chair and work surfaces are at the proper height. Get up and move around in between long sitting stints.

--Avoid high-heeled shoes.

--Watch your weight. Excess weight, especially around the waist, can put undue stress on lower back muscles.

--Exercise. Core strengthening moves, especially, will also benefit your back.

--Don't lift items that are heavier than you can handle. Remember to lift with your knees, not your back. Pull in your stomach muscles, keep your head down and in line with your straight back, and do not twist when lifting.

--Get a massage. Using therapeutic bodywork can melt pain-inducing stress away from your back and the rest of your body.



Massage is a great way to beat back pain.

MT Straight Talk

What Your Massage Therapist Needs to Know

Angela England

Most massage therapists guide first-time clients through an intake process that includes discussing health histories and other medical concerns. But talking with your therapist about these things should not end with your first massage. Before each session, take a minute to speak with your therapist about any new medical conditions or injuries, lasting aches and pains, or any other changes in your life. Here are some of the issues your massage therapist should know about.

Medical Changes

It's a good idea to regularly update your medical record with your therapist, especially if you've been diagnosed with an illness or medical condition--such as high blood pressure, heart disease, diabetes, a chronic autoimmune disease, or skin allergies--or are taking any new medications. Certain medical concerns

preclude you from receiving massage. Other conditions, such as pregnancy, simply change the way your practitioner approaches the session.

A New or Acute Injury

Maybe you spent hours driving to a destination getaway and your shoulders ache, or you stepped off the porch wrong and sprained your ankle. Any time you have a new ache, pain, sprain, twist, or pulled muscle, mention it to your therapist. Depending on the location and extent of your injury, the session may need to be postponed or the injury site avoided until more healing has occurred.

Personal Preferences

This category is less obvious, but equally important. Everyone has unique

preferences and sometimes there may be something you would like to change for your next massage. Whether you want to bring your own music, have the temperature adjusted, or be draped in an extra blanket, your therapist can easily adapt as long as you communicate your preferences.

Help your practitioner help you. Take a moment to check in with him or her before your next session.

Angela England enjoys doing massage, gardening, writing, and spending time with her three young children.

"There are many things in this life that will catch your eye, but only a few that will catch your heart – pursue those."

-Michael Molan

Hello & happy Summertime!

The heat has arrived yet again. We all want to go outside & play, but there are things to remember when you're out to have fun. First, stay hydrated - water & gatorade - & do drink plenty. Second, avoid pain - stretch adequately before engaging in physical activities. This is one of the easiest & best things you can do to avoid injuries & soreness. So 'play' outside, but take care of yourself ahead of time. Third, when you do succeed in over-doing your muscles - by all means, come in & see me!! I can help. And don't forget ice & Arnica. Epsom salt baths are good for soreness too, but might be a little hard to handle in this hot time of year. If you seem to be having annoying nausea/bloating/tummy issues in the heat, consider eating 'lighter' foods & avoid heavy meats & dishes. Salad mixings & fruit are abundant in stores in summer so add them to what you eat. They are good for you & easier on your digestion. Juicing is also great to do too - it just takes a little bit of time, but, you're worth it, right? Remember: winter eat 'warm' foods & summer eat 'cool' foods.

I am looking to add a few new clients, so send your friends, family, co-workers to see me & get \$25/off your next massage after I treat them. You'll both benefit! :-)

Have a very happy & safe summer! Smiles always, Lucy

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