

## Affirmation

*Start by doing what's necessary, then do what's possible, and suddenly you are doing the impossible.*

- Saint Francis of Assisi

This Mother's Day, give your Mum a gift that says "I love you": a massage therapy gift voucher.  
Available for any of our treatments, at a price to suit your budget.

**ATMS accredited therapists**

**Health fund rebates (where applicable)**

**We accept Eftpos, Mastercard, Visa and Cheques**

We value your comments, suggestions or questions relating to any aspect of our services and thank you for entrusting us with your care.

**Liz Baker** *Dip RM & Sports*

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# Massage Matters

**Issue 7**

Autumn 2003

Welcome to the latest edition of your massage newsletter and the first of the New Year. We hope you all had a wonderful Christmas and New Year (although it now seems such a long time ago as Autumn is upon us already).

A very special welcome to those of you who have recently discovered the fabulous benefits of massages. Also we would like to thank all of Diana's clients who have continued to enjoy the benefits that massage provides.

Richard and Liz

## Spreading the Word

How would you be if you never had a massage? What would your health be like if someone never told you how wonderful it can be to receive a relaxing, therapeutic massage? Fortunately, someone told you about Remedial Massage.

Many of your relatives and friends suffer from tensions, aches and stresses that massage can address. The solution to their health problems may be just around the corner and all they need is to have someone suggest that they see a Massage Therapist and receive the numerous benefits that massage can offer.

So are you ready to be a "Massage Revolutionary" and switch on someone to a massage – hey, remember, someone spread the word to you!

## **Special Offer**

We are always very grateful for your referrals. If you refer a friend or relative to us before the end of May, then, to thank you, we will give you either:

- ?? a one-hour massage for the price of a ½ hour massage.
- ?? or a 1½ hour massage for the price of a one hour massage

**Refer two people to us and we will give you a free one hour massage!**

## Odd Bod Tidbits

- ?? On average people fear spiders more than they do death.
- ?? In the adult human body, there are around 74 km of nerves.
- ?? It's possible to lead a cow upstairs ... but not downstairs.
- ?? If Barbie were life-size, her measurements would be 39-23-33. She would stand seven feet, two inches tall.
- ?? The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books that would occupy the building.

## Backpack Safety!

Backpacks are a popular and practical way for children and teenagers to carry schoolbooks and supplies. When used correctly, backpacks can be a great way to carry the necessities of the school day. They are designed to distribute the weight of the load among some of the body's strongest muscles.

However backpacks that are too heavy or are worn incorrectly can cause problems for children and teenagers in later life. Improperly used backpacks may injure muscles and joints. This can lead to severe back, neck and shoulder pain, as well as posture problems.

It is important to choose the right backpack. Wide, padded straps with two shoulder straps and a waist strap distribute the weight more evenly.

To prevent injury when using a backpack, do the following:

**Always use both shoulder straps.** Wearing a backpack on one shoulder may increase the curvature of the spine.

**Tighten the straps** so that the pack is close to the body.

**Pack light.** No more than 10-20% of the student's body weight.

**Organise the backpack** to use all of its compartments. Pack heavier items closest to the centre of the back.

**Bend using both knees.** Do not bend over at the waist when wearing or lifting a heavy backpack

(Source: American Academy of Pediatrics. [www.aap.org/advocacy/backpack\\_safety.PDF](http://www.aap.org/advocacy/backpack_safety.PDF))

## Massage erases pain – How does it work?

You know how much better you feel after a massage.

But how does it work?

- ?? Massage stimulates release of natural pain-relievers such as endorphins.
- ?? Massage stretches tight muscles and sends messages to the nervous system to relax.
- ?? Massage improves circulation, which flushes irritation waste products and floods contracted muscles with healing oxygen and nutrients.
- ?? Massage releases trigger points, highly irritable areas that feel like lumps or knots, that refer uncomfortable sensations to other parts of the body.
- ?? Massage softens contracted muscles and their connective tissue coverings, called fascia. As a result, tension and spasms are often relieved.
- ?? Massage helps you regain energy and normal movement. Feeling good will make you want to exercise, regaining your most important means for maintaining good circulation.
- ?? Massage can improve your sleep, helping your body heal and rejuvenating you for the challenges of each day.
- ?? Massage helps you perceive and 'listen' to your pain, which is a vital signal from our nervous system that we sit-up and pay attention.

## The Dynamic Studio

The newly opened exercise studio at 45 Green St offers supervised programs designed to help you maintain and improve your health and wellbeing. The classes include Pilates, Swiss Ball, Yoga, Tai Chi, Gentle Circuits, Fit Following Pregnancy (and many others) and are run by highly qualified health professionals. Class sizes are small and there are no joining fees.

Classes are held during the day and most evenings. Ring 9344 7533 to check availability or to obtain a brochure. Health fund rebates may apply.