

## Affirmation

I chose the path less traveled, and that has made all the difference.  
*Robert Frost*

Massage therapy gift vouchers.  
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.

**Richard Lane** *Dip RM & Dip Sports Therapies*  
**Stephanie May** *Dip RM & Cert IV Remedial Therapies*

**Maroubra Dynamic Physiotherapy**

47 Green Street  
Maroubra Junction

**Ph: 9344 7533**

# Massage Matters

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Welcome to the latest edition of your massage newsletter. Since our last newsletter Liz has decided to move on and we wish her well for the future. In her place Stephanie May has joined the practice. Stephanie is a full-time university student who currently practices massage at Sydney International Airport and works with the Parramatta Rugby Union Club Colt's teams. She believes this a fantastic opportunity to expand her experience and is looking forward to have the chance to meet you.

Richard and Stephanie

## Deep Tissue Massage – A convert writes

I start my week with a massage. For me it's one of the best ways to deal with stress, tension headaches and the aches and pains from spending too much time in front of the computer. While I'm a firm believer in the benefits of Remedial massage to relieve muscle tension, pain and stress, I'm now a convert to the advantages of Deep Tissue massage as well. In my experience Deep Tissue massage isn't as 'relaxing' as Remedial massage – it's a bit more interactive during the session and the physical sensations can be a little more intense. The relaxation comes after you walk out the door, when you realise the muscle tension is gone, you can move your head from side to side without pain and you're standing an inch taller!. After just one session I was amazed at how much looser and flexible my body felt. For chronic lower back pain I really recommend giving Deep Tissue massage a try!. (*nb Deep Tissue also very effective for sore necks, shoulders, etc....*)

Over the past few months I've been alternating between the two styles, enjoying and benefiting from both. If you have the time and want to feel totally rejuvenated, try a Deep Tissue massage followed immediately by a Remedial massage. 2 hours of bliss – just make sure you don't have anything too strenuous to do for the rest of the day!

Cassie Hatton

*We always value your views and constructive comments on all aspects of our massage treatments. For the most beneficial feedback we receive before the end of August we will give a 1 hour massage.*

## Odd Bod Tidbits

- ?? Ten percent of the Russian government's income comes from vodka sales.
- ?? You are more likely to be killed by a champagne cork, than by a spider.
- ?? If injected intravenously, nutmeg is extremely poisonous.
- ?? A koala bear's fingerprints are virtually indistinguishable from those of humans.

## What's up With Those Knots?

Everyone gets them, nobody likes them, and they hurt.

Clients often ask what causes knots and how massage can help.

Knots are most often found in the upper back and shoulder area. There are many causes such as our posture, or an accident from years ago. They feel like a tight band or hard or crunchy nodule. They are not a build-up of toxins. They are actually muscle fibres that have bonded together and are no longer receiving the blood or oxygen they need. These knots will lead to problems such as headaches, restricted range of motion, or referred pain to other areas.

Massage helps break up the matted muscle fibres. It also brings much needed nutrients to that muscle. After your massage session, you should experience a better range of motion and far less pain. However, knots build up over years so it may take several sessions to work them out. Stretching the muscles between massages can help limit and hopefully eliminate those annoying knots.



**Stressed out by the time  
Friday comes around ?**

Start your weekend the right way with  
a relaxing and pain relieving massage.  
Massage now available after work on Friday with  
Stephanie as well as on Saturday with Richard.

## Bear Cottage Appeal- "A Bear Affair"

Bear Cottage is the first hospice for children in NSW and is situated in the tranquil grounds of St. Patrick's Estate in Manly. It is a place where children with life-limiting illnesses and their families can stay from time to time and receive rest and medical care in a homelike environment. Hospices enhance the quality of life of patients with life-limiting illnesses and ensure that the time remaining for patients and their families is rewarding and distress free as possible.

Bear Cottage is funded by the community for the community and receives no government funds.

On August 1<sup>st</sup>, a charity three course dinner ("A Bear Affair") is being held at International College, Manly. The evening, to be hosted by Lachie Daddo, will include auctions for about 5 major items and a silent auction offering large prizes such as weekends away, sailing on a racing yacht, etc. In addition there will be an adult lucky dip where it is hoped that there will be over a 100 items that will be sold at half retail value (eg sunglasses valued at \$240 will sell at \$120).

If anyone can offer any items for inclusion in the lucky dip (valued from \$20 to \$200) or for more information about "A Bear Affair" then please contact Janet Burke on 9976 8302 or speak to Richard.

## Tips for your massage treatment

Here are a few tips that will help you get more benefit from your massage treatments.

- ?? Allow yourself enough time to get to the massage session. Rushing at the last minute will make it hard for you to relax at the beginning of your massage.
- ?? Communicate with your therapist about **your** needs. Let them know if the pressure is too hard or too soft and about the areas that you feel need more attention.
- ?? Let them know if the room is too hot or too cold. if the music is too loud or not to your taste (*by the way, please feel free to bring in your own CDs to listen to if you want or if you have any suggestions for CDs for us to purchase*).
- ?? Drink lots of water after every massage treatment. Massage can release toxins in your system and adequate water is necessary to help flush them out.