

Affirmation

"Years may wrinkle the skin,
but to give up enthusiasm wrinkles the soul."

Samuel Ullmanthe

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

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Massage Matters

Issue 10
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Welcome to the latest edition of your massage newsletter keeping you informed of what is happening at your massage clinic. This is the last edition for the year and if anybody can tell us where has the year disappeared, we would be extremely grateful!

Well it's that time of year again where we all tend to overindulge and forget to look after ourselves. If you're feeling in need of a 'pick-me-up' then why not treat yourself to a relaxing massage for Christmas or maybe in the New Year.

DID YOU KNOW

That from December 2003 massage will be available at Maroubra Dynamic Physiotherapy six days a week, from Monday to Saturday!

<i>Monday</i>	Richard from 2.45pm to last appointment at 8.00pm
<i>Tuesday</i>	Stephanie from 1.30m to last appointment at 6.30pm
<i>Wednesday</i>	Richard from 3.00pm to last appointment at 8.15pm
<i>Thursday</i>	Stephanie from 1.30pm to last appointment at 6.30pm
<i>Friday</i>	Stephanie from 2.45pm to last appointment at 6.30pm
<i>Saturday</i>	Richard from 9.30am to last appointment at 4.00pm

Do you have problems finding time for a massage? Well now is the time to contact Stephanie or Richard to advise whether you're interested in getting your massage on a Sunday. We are also hoping that we may both be available on some Sundays in 2004 so that you can have a massage at the same time as your partner, a family member or a friend.

Please let us know whether you are interested in Sunday massages ASAP to ensure that some days are available for you next year!

Finally we would like to wish you and your family a very merry Christmas and a healthy and prosperous 2004. May all your hopes and dreams become a reality.

Richard and Stephanie



Stuck for Christmas present ideas?

How about a massage gift voucher!



Odd Bod Tidbits

?? Of all the words in the English language, the word "set" has the most definitions.

?? If you go blind in one eye, you'll only lose about one-fifth of your vision (but all your depth perception.)

?? "Ough" can be pronounced in eight different ways. The following sentence contains them all: "A rough-coated, dough-faced ploughman strode through the streets of Scarborough, coughing and hiccoughing thoughtfully.

?? Golfers use an estimated \$800 million worth of golf balls annually.

?? Offered a new pen to write with, 97% of all people will write their own name.

Sitting on the Job

As the worker has shifted from factories to offices, the incidence of back pain has increased considerably. Researchers blame this increase on one simple activity that we are doing all the time – sitting.

Our bodies are not designed to sit for long periods of time. We were made to move. Almost everyone who sits for long periods of time will develop back pain, even with the use of an ergonomic chair. It is not uncommon to develop other problems as well. Surveys of office workers indicate that about half of all employees have frequent pain or stiffness in their necks and shoulders. Repetitive strain injuries like carpal tunnel syndrome are becoming more common and about 10% of keyboard users experience wrist pain or discomfort. Who would have thought that sitting could wreak such havoc on your body!

Your body needs movement to operate effectively. If you have a sedentary lifestyle or sit for most of the day, your body is going to start to complaining. You have to move! When your muscles contract, you assist the flow of blood through your body. The muscles act as a pump to aid the circulation of your blood.

When you sit for long periods of time certain postural muscles, like your shoulder muscles, become overworked. These will tend to become short and tight from overuse whereas other muscles, like your gluteals or abdominal muscles will become weak and atrophied.

So whenever you get the chance – enjoy a microbreak.

*Get up, move around and **stretch***

Massage Health Care Benefits Under Threat

In September, the government announced reforms to private health cover that will prevent funds from being able to cover products and services that are primarily used for sport or recreation rather than direct healthcare. The exact details of what products and services will be included within this ban are as yet unknown, but were initially believed to be limited to items such as sport shoes, gym fees, golf clubs, etc.

In a surprising development, the then Minister for Health and Ageing, Kay Patterson announced that she would consider whether it is suitable for health funds to continue to offer a range of alternative therapies, including massage. The media has reported that the government is making moves to scrap alternative therapies and that health fund members will no longer be able to claim the cost of natural therapies.

Since the press release there has been a reshuffle of portfolios within the government and Tony Abbott is now the Minister for Health and Ageing. The change in portfolios has not diminished the threat to health fund members being able to claim natural therapies.

What can you do?

Support your rights to choose massage and natural therapies as part of your primary and preventative health care under health fund benefits by:

?? expressing concern over the attacks on massage and natural therapies cover

?? requesting the right to choose massage and natural therapies as part of primary and preventative health care under health fund benefits

If you have strong feelings regarding this, you should send an email or letter to:

Minister for Health and Ageing: Tony Abbott – Tony.Abbott.MP@aph.gov.au

Opposition Leader: Simon Crean – S.Crean.MP@aph.gov.au

Shadow Minister for Health: Julia Gillard – Julia.Gillard.MP@aph.gov.au

Leader of the Democrats: Andrew Bartlett – Senator.Bartlett@aph.gov.au

Include your name and address within the email and make your feelings known.