

## Affirmation

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

Dr. Seuss

### **MASSAGE AVAILABILITY**

<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

### **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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Maroubra Junction

**Ph: 9344 7533**

# Massage Matters

**Issue 11**  
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Welcome to the latest edition of your massage newsletter and the first for the New Year. We hope you all had a wonderful Christmas and New Year. Thank you to those of you who have already returned to see us in 2004 and welcome to those who have visited for the first time.

A special thanks to those of you who joined our Summer Massage Club which ran from last December and finished at the end of February. We know you particularly enjoyed and benefited from the 1½-hour massage treatments. If you have any comments, suggestions or feedback about the Summer Massage Club then please let us know.

This edition on Massage Matters focuses on back pain and offers some information for those suffering from back discomfort.

Richard and Stephanie

### **Newsletter by Email?**

The next edition of Massage Matters will be available by Email. If you would like us to send your copy via email then please let Stephanie or Richard know your email address and we will include you on the circulation.

In addition, there will be special editions of Massage Matters – *only available via email* – and who knows, they may include special offers to make your massage experience more affordable!

Massage therapy gift vouchers.

Available for any of our treatments, at a price to suit your budget.

***A Massage gift voucher would make the  
Perfect Mother's Day Gift***



## Odd Bod Tidbits

?? Back problems are the most costly of all musculoskeletal disorders, representing over \$700 million in annual health care expenditure in Australia

?? In excess of 80% of the human race will experience some form of back-related musculoskeletal condition during their lives

?? More people use blue toothbrushes than any other color.

?? The praying mantis is the only animal on Earth with only one ear.

?? Tug-of-war was an Olympic event from 1900-1920

## Back Disorders –To Massage or Not?

We all know that back pain and discomfort can be a debilitating experience. You can become unable to function normally, be forced to take time off work, have trouble sleeping and suffer from any number of other problems. Whilst we believe that massage can play a significant role in reducing and potentially eliminating back pain caused by poor muscular function there are some factors that influence whether you should have a massage or not.

When the symptoms are acute and/or you're experiencing numbness you should see your health care professional (be it Physiotherapist, GP or other) before you receive a massage in order for your problem to be correctly identified. Common musculoskeletal disorders are disc prolapse (otherwise known as a 'slipped disc or 'ruptured disc'), whiplash, ligament injuries (sprains), muscle tears (strains) and soft tissue inflammation.

Similarly it is important to be diagnosed by your health care professional when a massage does not improve chronic symptoms when, for example, an x-ray may be required. Once the musculoskeletal disorder is correctly diagnosed then it is possible to begin the appropriate treatment. Depending on the problem physiotherapy and massage sessions may be recommended or perhaps classes such as Pilates and Yoga.

If in doubt, see your Physiotherapist (or health care professional) and remember that the sooner a disorder is recognised the faster you will recover! Back conditions are unlikely to go away without treatment.

## Don't Be So Hard on Yourself

Low back pain (LBP) sufferers know how frustrating it can be to sleep at night; no matter what position you try, the pain seems to move right with you. What they might not be aware of is how one type of mattress can affect LBP more than another.

A recent study published in the Lancet challenges the popular belief that a firm mattress is the best sleeping arrangement for easing the discomfort of LBP. Researchers compared firm mattresses with medium-firm mattresses by replacing the existing mattresses of 313 test subjects, who were unaware of which type of mattress they were receiving.

Users of medium-firm mattresses were twice as likely to report reduced LBP and associated disability (less pain in bed, during the day, and after a night's sleep) after three months of use, compared with those who used firm mattresses.

## Pilates – What's all the buzz?

Pilates seems to be everywhere at the moment. Signs and advertisements for Pilates Classes and Pilates Studios are ubiquitous. But what is Pilates why is it so popular, and what can it do for back pain?

Developed in the 1920s by physical trainer Joseph H. Pilates, Pilates is an exercise system focused on improving flexibility and strength for the total body without building bulk. It is a series of controlled movements engaging body (and mind) promoting physical balance.

A key component of Pilates is improved abdominal strength that can lead to improved posture and body alignment. This improved abdominal strength may reduce the strain on lower back muscles and assist in alleviating back pain.

However Pilates does not only assist with lower back pain. There are many other reasons to do Pilates. These include greater flexibility and circulation, firmer (and sleeker) muscles, more effective body mechanics and increased energy levels.

Due to the non-impact nature of Pilates, it is suitable for the young and old, the physically active, and the sedentary.

Beginners and intermediate Pilates classes are held at The Dynamic Studio and conducted by qualified instructors. Health fund rebates may be available. **Contact 9344 7533 for further details.**