

Affirmation

One doesn't discover new lands without consenting to lose sight of the shore for a very long time.

Andre Gide

MASSAGE AVAILABILITY

<i>Monday</i>	Richard from 2.45pm to last appointment at 8.00pm
<i>Tuesday</i>	
<i>Wednesday</i>	Richard from 3.00pm to last appointment at 8.15pm
<i>Thursday</i>	
<i>Friday</i>	Richard from 4.15pm to last appointment at 8.00pm
<i>Saturday</i>	Richard from 9.30am to last appointment at 4.15pm

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.

We understand that life can be busy and prefer not to charge a cancellation fee. We do, however appreciate at least 24 hours notice for any cancellation/change of booking as we are professional therapists and our time is of value. Other clients may also benefit from the availability.

Thank you for your understanding!

Richard Lane *Dip RM & Dip Sports Therapies*

Maroubra Dynamic Physiotherapy

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Massage Matters

Issue 12

Winter 2004

Welcome to the latest edition of your massage newsletter. Very sadly since the last edition Stephanie has been forced to take a break from massage due to her University studies. I know I for one will miss her massages and wish her well in her future ventures. We hope that it is not too long before she is kneading and stretching our needy muscles!

We are currently looking for someone to fill Stephanie's shoes (or should that be hands). In the meantime, I will be available on Friday afternoon/evenings in addition to my regular shifts (see back of newsletter for more details). If you would like us to let you know when a new therapist is available then please contact us.

In this edition of Massage Matters we review Kit Laughlin's excellent book "Stretching and Flexibility". If you have any books, videos or websites that you think would be of interest to other readers then please give us the details so we can pass them on.

Richard

City-to-Surfers

Some of you may be training (or thinking about training!) for the City-to-Surf in August. Have you considered massage as an integral part of your training program?

When in training athletes quite often accept the accumulation of general aches and pains as normal due to their gradual build up. These aches and pains can lead to more serious problems if not nipped in the bud. Massage is a great way to treat muscle tension and has the distinct advantage over other therapies in that it can be used on a regular basis to help prevent overuse injuries. Massage can reduce localised muscle tension which may improve your recovery from heavy training.

If you are planning on entering the City-to-Surf (or any other event for that matter) then please contact us to discuss how best massage may be incorporated into your training program.

Odd Bod Tidbits

- ?? Antarctica is the only continent without reptiles or snakes
- ?? Libra, the Scales, is the only inanimate symbol in the zodiac.
- ?? The bloodhound is the only animal whose evidence is admissible in an American court.
- ?? Approximate number of facial expressions a dog can make: 100.
- ?? The chemical n-acetyl-cysteine found in raw eggs is proven to help hangovers

Freedom of Movement – A Joint Effort

One of the joys of life is being able to move fluidly without stiffness or hindered motion. It's something that is easy to take for granted until your mobility is diminished. Ease of movement is facilitated by proper functioning of the joints. When the function of a joint is hindered, your ability to perform normally may be limited.

What can interfere with joint function? Lack of use can lead to a joint locking up. The ligaments must be firm enough, pliable and properly supportive or the joint performance will suffer. A muscle contraction can pull the joint out of alignment. If a muscle gets a partial signal from a nerve, it may tense rather than completely contracting. Many factors can contribute to limited range of motion, joint pain, stiffness, etc. Fortunately, regular massages can help your joints to perform at a more optimum level. For instance, each massage can help to increase the circulation to the joint area so each joint will receive the raw materials and nourishment it requires.

Your joints are affected by the ligaments, muscles, and tendons that surround them. So when your muscle function is improved, it can positively affect the neighboring joints. The proper attention to a joint area can help to improve the range of motion, reduce painful conditions, and restore its performance.

Regular massages help to return proper balance to your body's many systems — your muscles, joints, tendons, etc. The conditions that tend to cause a muscle to remain too tense or a joint to be stiff and limited in its motions in many cases can be normalized. Making sure you get regular bodywork sessions can help your body to overcome many of every day challenges and maintain a happier balance, as well as helping to head off some potential problems before they adversely affect you. So contribute to that freedom of movement by maintaining a regular massage schedule! Make your future a healthier one.

Book Review – Stretching and Flexibility By Kit Laughlin

Supervised classes are recommended as being a great way to improve your flexibility, strength and tone. This is particularly true if the classes are small and run by qualified professionals such as the Pilates, Swiss Ball and Yoga Classes held here at the Dynamic Studio where your posture and stretching technique can be properly supervised. However sometimes it isn't always possible to make regular classes or some simply prefer to exercise within the comfort of their own home.

Kit Laughlin's book "Stretching and Flexibility" (a follow-up to "Overcoming Neck and Back Pain") is an excellent resource for anyone who is serious about improving their flexibility, strength and peace of mind!

Laughlin (from ANU in Canberra) has developed a comprehensive stretching program that works virtually every muscle in the body, combining warm-ups and yoga-type postures performed solo and/or with a partner. However the book is not a light read or quick easy guide. It is aimed at those who wish to improve their knowledge of the body by providing accurate anatomical diagrams showing precisely which muscle groups are involved in various movements of the body. There are over 700 photographs to assist readers perform over 100 stretches and the text is extremely clear and detailed as well.

"Challenging yet safety conscious.....if you follow Kit's instructions.....flexibility and strength will ensue"

The book (and unreviewed video) is available directly from Kit Laughlin's website:
<http://www.pandf.com.au/pages/products/products.html> for \$39.95 (+ p/h)

or from Phoenix Rising, 31a Glebe Point Road (ph 95662157),
<http://phoenixrisingbooks.com.au/pb/index.html> who are listing the book at \$34.95

If you wish to have a browse at the book then just ask us!

Remember it's your massage!

Have you ever had a massage where your needs were not met?

Is everything in the massage environment okay? The temperature? The lighting? Do you like certain music? Is the volume okay? Do you like specific techniques? More time spent on a certain area? Less time on others?

Each session is *especially for you*, so please let us know what you want and what you like!

Remember – it's your massage. Everyone has different needs and wants,
so share yours!