

Affirmation

A thing is complete when you can let it be.

Gita Bellin

MASSAGE AVAILABILITY

<i>Monday</i>	Richard from 2.45pm to last appointment at 8.00pm
<i>Tuesday</i>	Sally from 3.00pm
<i>Wednesday</i>	Richard from 3.00pm to last appointment at 8.15pm
<i>Thursday</i>	Richard from 6.00pm to last appointment at 8.30pm
<i>Friday</i>	Sally from 3.00pm
<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!

Sally Hudson *Cert IV Rem M & Dip Sports Therapies*

Richard Lane *Dip Rem M & Dip Sports Therapies*

Maroubra Dynamic Physiotherapy

47 Green Street

Maroubra Junction

Phone 9344 7533

Massage Matters

Issue 13

Spring 2004

Welcome to the latest edition of your massage newsletter. Since the last newsletter, remedial massage therapist Sally Hudson has joined the practice to replace Stephanie and is looking forward to having the chance to meet you. She will be available to see you on Tuesdays and Fridays. Richard has moved his Friday slot to Thursday evenings so we can again offer massages 6 days a week at a time convenient for you. (see back for details of availability)

Richard and Sally

Introduction from Sally

Hi Everyone,

I have been interested in Natural Therapies for several years and know first hand of the amazing results that can be achieved from massage in particular.

I have always wanted to help people and what better way than with the magic of touch. Massage has many therapeutic benefits and my aim is to pass on my knowledge and skills to you so that you can better know yourself and your body.

If I am able to assist you in any way, then please give me a call and I look forward to seeing you soon.

Take care

Sally

When is an hour not an hour?

Ever had a massage where you felt ripped off over time. You've paid for an hour's massage but by the time the therapist has taken your details + left you while you undress and dress before and after the massage, you've only ended up with about 45 minutes of bodywork? So much for an hour's massage!

We at Maroubra Dynamic Physiotherapy believe that if you pay for an hour's massage then that is what you should get. Record taking, etc is not included. By staggering our appointments, we can guarantee that **as long as you arrive at your scheduled time** then you will be massaged for the time that you have paid for.

Odd Bod Tidbits

?? An individual blood cell takes about 60 seconds to make a complete circuit of the body

?? Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.

?? By age sixty, most people have lost half of their taste buds.

?? Humans have 46 chromosomes, peas have 14 and crayfish have 200.

?? Women burn fat more slowly than men, by a rate of about 50 calories a day but women's hearts beat faster.

** Massage Research Findings **

Massage Helps Anorexia Symptoms

A research study has found that massage alleviates anxiety, depression, eating disorder symptoms, poor body image for women diagnosed with anorexia nervosa. The study "Anorexia Nervosa Symptoms are Reduced by Massage Therapy" was conducted by researchers at the Touch Research Institute at the University of Miami School of Medicine.

The women in the study were divided into two groups. One receiving only standard treatment whilst the other women in the massage-therapy group received a 30 minute Swedish massage, twice a week for five weeks. Psychological and physiological tests were carried out at the start and end of the program on all participants.

After the five week treatment period, the massage therapy group had lower scores on the Eating Disorder tests indicating reduced symptoms associated with anorexia nervosa. They also reported improved mood and increased values of dopamine (dopamine depletion may be associated with a decrease in food intake and is implicated in anorexia nervosa).

The results of the study, published in "Eating Disorders: The Journal of Treatment and Prevention Vol. 9 pg 217-228", suggest that massage therapy added to standard care may be effective for healing mind and body issues for individuals with eating disorders.

Scoliosis

Scoliosis is a lateral or sideways curve of the spine which usually develops during early adolescence when children's growth is the most rapid. Whilst there are three main types of scoliosis by far the most common in Australia is Adolescent Idiopathic Scoliosis (AIS). This type appears in early adolescence and is much more common in girls than boys. AIS in girls accounts for about 90 percent of curves seen in clinical practice.

Idiopathic basically means "we don't know the cause!" and there are many myths about AIS including:

?? It is not a postural problem.

?? You do not get scoliosis from a soft mattress.

?? The carrying of heavy school bags neither causes a curve nor makes an existing one worse.

?? You do not get scoliosis from watching too much television and eating too much junk food.

?? Scoliosis is not contagious - you cannot catch it from someone who has a curvature.

(even if some of these should be avoided for other reasons).

However, a positive family history is a definite risk factor for AIS. The yet-to-be identified gene(s) have a very strong tendency to be passed down on the female side. However, there are no hard and fast rules for the pattern of inheritance and a girl or a boy who develops AIS may be the first one to do so in several generations of a family.

Where properly conducted school screening programs are carried out these should be supported and participation encouraged. School screening is best performed in girls in Years 7 and 9 (11-13 years of age). A Self-detection program for parents is also encouraged for girls in those age ranges (available from the website listed below).

Although scoliosis is present in one out of ten adolescent girls, only two to three per thousand require active treatment. The surgery rate is approximately one per thousand.

This information has been taken from the website for The Spinecare Foundation. If you want any more details or information on the self-detection program then please go to <http://www.spinecarefoundation.org/>