

TSAWWASSEN MASSAGE THERAPY CLINIC

-serving the community for over 20 years

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Check out our new website : tmtclinic.com

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1) HAPPY NEW YEAR!

The New Year is upon us and the clinic is buzzing. Everyone has recovered from holidays and are enjoying new beginnings, setting goals and helping our patients achieve a healthier lifestyle. This Newsletter will now be a quarterly publication. If you have specific requests for our articles or questions you would like publicly answered, we would be thrilled to hear from you.

We wish you all the best for 2011!

from Margo, Donna, Julie E., Rebecca, Taryn, Kylie, Julie G., Sarah, Fran & Cyndy



2) FEATURE ARTICLE:

NEW YEAR'S RESOLUTIONS?

By Margo Northey

It's the middle of January; how are you doing with your New Year's resolutions? Every year many of us vow to get healthy, lose weight and relax more, but it does not take long before life gets in the way and derails our good intentions. Why do we make such resolutions when we usually don't keep them?

The tradition of New Year's resolutions dates back to 153 BC when the mythical character Janus, was placed at the beginning of the calendar year (hence its name, January). In Roman mythology, Janus was the god of gates, doorways, beginnings, endings and time. Janus had two heads facing in opposite directions, one head looked back at the previous year while the other looked forward to the subsequent year. New Year's resolutions are a ritualized way of reviewing the past year and looking toward the future, considering the changes we would like to make. New Year's Day has universally represented both a way to divide time and an opportunity to clean house. Symbolic cleaning is the recurrent theme. Housecleaning for the New Year is traditional in Japan, China and Africa. The Indians of North America burned and cleaned away foods from the previous year. These actions symbolize making room for new things, cleaning up poor habits. We have adapted this in our modern lives. Making formal resolutions recognizes the control we have over our lives and our power to change.

With such a long history behind them and the obvious positive benefits, why are we so unlikely to keep our resolutions? Perhaps we should look at what we are resolving and consider some ways to keep us on track.

As Health Care professionals, we see many patients resolving to improve their health. In fact, getting fit and managing stress are priorities for most people when they set their New Years goals. The problem is that these goals are not necessarily measurable. Experts agree that setting specific goals that are attainable allows one to remain motivated. For example, to say that you are going to get more fit might be better replaced with a plan to walk three days a week. Managing stress might mean making a regular massage appointment. Taking small steps toward specific, realistic goals is the recipe for success.

From a Massage Therapy perspective, we see a direct correlation with our work and aiding patients to reach optimal health and attaining their fitness goals. Massage Therapy by itself can enhance your health by improving circulation, increasing flexibility, reducing muscular pain and aiding sleep to name only a few benefits. Regular treatment can also help you in your quest to get in shape. The

soreness from a new workout routine can be reduced or eliminated by Massage Therapy. Decreasing pain levels make you more likely to stick to your training.

A recent study from Cedars-Sinai Medical Center in Los Angeles has shown another unexpected benefit of Massage treatment. The study has shown that Massage Therapy has a measurable, significant effect on the immune system. Although only a preliminary study, these findings could have implications for management of autoimmune and inflammatory conditions. Most people do not need a study to tell them that massage makes them feel better but it is interesting to know that the treatment you are enjoying could also be boosting your immune system.

Let's say goodbye to 2010 and welcome 2011. Out with the old and in with the new. We make resolutions to improve ourselves and the New Year is a time to reflect on our past behaviours and try to adopt healthier habits. Including Massage Therapy in your health maintenance plan is a resolution that is easy to keep. Creating a plan of smaller, attainable goals will also keep you motivated and on track. From all of us at the Tsawwassen Massage Therapy Clinic, we wish you a happy, healthy New Year and look forward to being a part of your wellness.

3) Q & A:

QUESTION:

My friend told me she comes to your clinic for monthly maintenance massage. What does "maintenance" massage refer to?

ANSWER:

In your friend's case, maintenance massage probably refers to regular Massage Therapy treatments that help to maintain optimal functioning. We don't know the particulars of your friend's situation but patients' needs can vary greatly, depending on their circumstances. It sounds like your friend has found that monthly visits work for her.

To further clarify, let's consider a patient who presents with headaches. Through a medical history overview and assessment we find that the patient has a stressful job and spends many hours in front of a computer. Their posture is slouched and their workstation ergonomically poor. We deduce that the cause of their headaches is muscle tension in the neck caused by stress, inactivity and poor posture. We would treat this patient with Massage Therapy, give remedial exercises and educate the patient on how to improve their workstation. As a result, the patient's headaches are relieved after a few treatments but return after

a month without Massage Therapy. The reality is that this patient has a stressful job and must sustain one position for long periods of time. Even with stretching and an improved workstation they still experience the tension that creates the headaches. We would then suggest the patient continue to have “maintenance” treatments. The frequency is individualized. This patient might need a treatment every two weeks to stay headache-free. Another might need similar treatments weekly, or monthly.

We have many patients with arthritic changes who need regular Massage Therapy to maintain optimal joint function and reduce pain as well. Some patients need weekly work, some monthly. The goal is to stay on top of their pain, finding the frequency that works for them, thus being proactive instead of reactive. This theory applies to athletes and manual labourers too. We can help them avoid injury and improve their muscle recovery time. The application is widespread.

Another way to look at “maintenance” is in maintaining your personal health. Massage Therapy helps the body in numerous ways. We don’t only take vitamins when we are sick, we take them to stay well and maintain optimal health. The same is true with Massage Therapy. Many patients use treatment as an integral part of their health care routine to help them be well and feeling their best.

**Massage Therapy is a safe, effective, drug-free treatment.
Get well, stay well.**



4) REQUEST FOR TESTIMONIALS

Our website has been up and running for a few months now and we have almost completed all of the pages. We are currently gathering personal testimonials from our patients to add to the site. The statement need not include your name nor that of your therapist. If you would be willing to share your experience, we would greatly appreciate your testimonial. Please contact us by email and we will add you to the website.

Thank you in advance!

5)ABOUT TSAWWASSEN MASSAGE THERAPY CLINIC:

Tsawwassen Massage Therapy Clinic has been part of the medical community in South Delta for over 20 years. We are health care professionals committed to restoring and maintaining optimal health and pain-free function of the human body. Our therapists are all British Columbia Board Certified Registered Massage Therapists. RMT's will accurately assess and treat your chronic pain, injury rehabilitation and stress related issues with massage, joint mobilization and rehabilitative exercise, such as stretching, postural correction and patient education.

We have early morning, evening and weekend appointments available.

Most **extended health care** plans cover your massage therapy treatments with an RMT. Contact your insurance provider in order to be clear on the details of your coverage. If you do not qualify for extended coverage, save your receipts as you may be able to claim as a medical expense with Revenue Canada.

FEEL FREE TO CONTACT US AT info@tmtclinic.com

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