

# TSAWWASSEN MASSAGE THERAPY CLINIC

*-serving the community for over 20 years*

604-943-9677

Spring Newsletter 2012

**Check out our website : [tmtclinic.com](http://tmtclinic.com)**

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### **1) Spring into Health!**

A. It's Spring and do you know where your New Years resolutions are? Many of us make resolutions to mark the beginning of the year: Get in shape, manage stress more effectively, improve our health, to name a few. Though we may start off well, many of us find ourselves heading into Spring having lost our impetus and hovering close to our original habits. It's not too late to take control. Be good to yourself, revisit those resolutions and use Spring cleaning as an opportunity to expel those bad habits and invite in new, more positive ones. Massage Therapy is an excellent tool for improving health and managing stress. We enjoy being a positive contributor to your good health!

### **3) Q & A:**

Q Could you give me some tips to make my desk setup easier on my body?

A: There are many things to consider when setting up an ergonomically correct workstation. Here is a quick checklist:

1. Chair should be height adjustable, preferably with armrests. Thighs should be roughly parallel to the floor or slightly straighter with feet flat on the floor or on a footrest.
2. The computer monitor should be set at a height so that your neck will be straight. The top of the screen should be at the operator's eye level. Viewing distance should be between 40-75 centimeters, operator's eyes to screen. Further away the larger the screen.
3. Elbow joints should be at 90 degrees or slightly straighter with the upper arms hanging naturally at the sides. Hands should be in line with the forearms so the wrists are straight.
4. Ensure there is enough space to use the mouse. Use a wrist rest or armrest so that your wrist is straight and your arm muscles are not overworked.
5. If your work requires you to talk on the phone at length, use a headset.
6. Take breaks. Stretch. Change your position frequently. Move your feet, lift your arms, adjust your hips, and just make sure to subtly alter your posture continuously throughout the workday.

#### 4) FEATURE ARTICLE:

##### **Study Gives Scientific Proof of Health Benefits of Massage Therapy.**

A study, produced jointly by the Buck Institute in California and McMaster University in Ontario, has produced scientific evidence that massage does indeed help heal sore and stressed muscles.

The study used eleven subjects, all young, active men, and had them exercise to exhaustion. These subjects then had one leg massaged. Biopsies were taken from both legs before exercise, after ten minutes of massage therapy and after a two and a half hour period of recovery. Comparing the tissues from each subject's massaged leg with tissues from his unmassaged leg, results showed that the massaged legs had **less inflammation**, the beginnings of **growth of new skeletal muscle** mitochondria (the "energy units" within muscle cells, that are crucial for muscle energy generation and adaptation to endurance exercise) The subjects also felt **less pain** in the massaged leg. Interestingly, the research team found no effect of massage on lactic acid concentrations casting serious doubt on the widely held belief that lactic acid build up after exercise is responsible for pain. Indeed, the study shows that the reduced pain is due to the specific massage related reduction of inflammation by reducing the activity of a particular protein (NF-kb). It also proves the massage related aid in recovery by boosting the mitochondria-producing protein called PGC-1alpha.



Simon Melov, a Buck institute faculty member explained, “When you over-exercise, which is what happens when you cause your muscles to adapt to a new workload, you make more mitochondria so your muscles can perform the increased workload.” The massage boosting effect on the production of mitochondria is an exciting discovery and could have profound effects on the way we look at training and recovery. He

continued that the pain reduction associated with massage may involve the same mechanism as those targeted by conventional anti-inflammatory drugs.

Massage Therapists and their patients have known for years that massage is beneficial for the recovery of muscle after exercise. This validation from the medical community is just more positive feedback. In the past, it has been difficult to prove this benefit scientifically, because the technology to probe the smallest structures of the body did not yet exist. The modern improvements in analysis of tissue samples can now prove the beneficial effect at the cellular basis.

Dr. Tarnopolsky, the studies lead from the Department of Pediatrics and Medicine at McMaster University, said “This study provides evidence that massage...may be justifiable in medical practice. The potential benefits of massage could be useful; to a broad spectrum of individuals including the elderly, those suffering from musculoskeletal injuries and patients with chronic inflammatory disease.”

Now that researchers have identified how massage reduces inflammation, Dr. Melov, who also studies the biology of aging, is eager to see how massage therapy might be used to complement or replace anti-inflammatory medications such as ibuprofen in treating injury. In light of recent research showing the detrimental effects of inflammation on aging (“inflammaging”), Dr. Melov is intrigued by how massage may be used to **counteract** the generalized inflammatory responses associated with normal aging.

Massage as an anti-aging remedy? It may take years to prove that benefit. For now, many patients are happy knowing that massage therapy makes them feel better and improves their overall health. As practitioners, we are thrilled with the recent positive publicity and look forward to more scientific proof of what we already know to be true; that Massage Therapy is excellent medicine for body and soul

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



### **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.

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