



# finding sense

in body, mind and spirit

**BODYLOGIC**

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## Orthopedic massage

**Reduces pain, helps injuries heal**

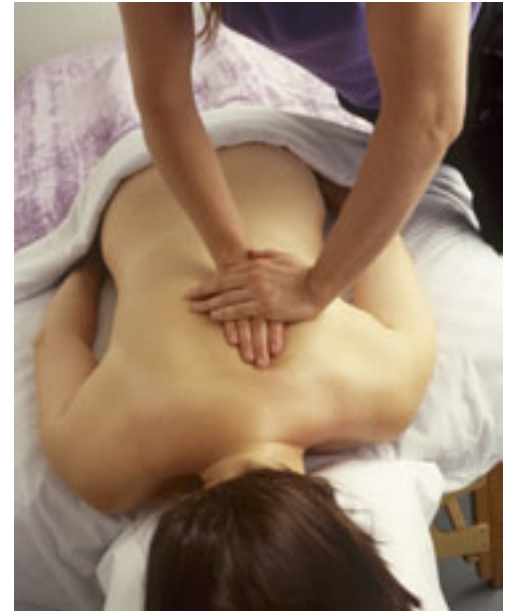
Pain from chronic conditions and injuries send millions of people to their doctors each year. The problem is often seated in the musculoskeletal system, which controls the body's movements. Many people seek special massage techniques to help heal from injuries.

### *A special approach*

Orthopedic massage is a type of massage that deals with problems in the musculoskeletal system. Orthopedic massage differs from relaxation massage. The goal of relaxation massage is to reduce stress and tension in the body and mind. This kind of stress-relieving massage helps reduce muscle tension and increase energy. It can also relieve symptoms of conditions caused or aggravated by stress. Orthopedic massage, on the other hand, helps improve or heal a particular problem, usually an injury.

### *Goals of orthopedic massage*

The goals of orthopedic massage are to reduce pain, restore range of movement and support a return of health and strength to the injured area. Using a comprehensive, planned approach, the therapist chooses from a range of safe, effective techniques to best help improve the condition at the person's specific stage of healing. She or he follows a standard procedure. This includes assessment of the condition, use of a blend of specific massage techniques and home-care suggestions. ❖



*The goal of orthopedic massage is to aid in healing an injury.*



*Sixty-two percent of adults use some form of non-conventional medicine.*

## Sixty-two percent of adults use CAM

**Massage as complementary and alternative medicine**

A nationwide survey released in 2004 by the Center for Disease Control found that 62 percent of adults in the U.S. use some form of complementary and alternative medicine, commonly referred to as CAM. CAM is a group of health care practices that are looked at as different from conventional Western medicine. These practices include massage, acupuncture, deep breathing, meditation, prayer, chiropractic, yoga, nutrition and the use of natural products such as herbs.

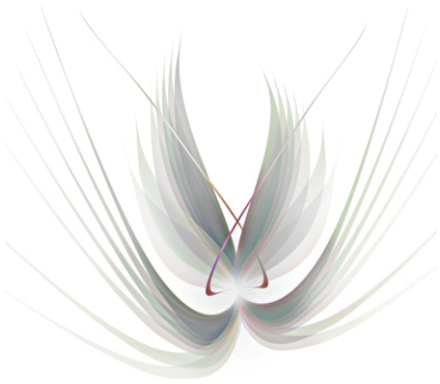
“These new findings confirm the extent to which Americans have turned to CAM approaches with the hope that they would help treat and prevent disease and enhance quality of life,” said Dr. Stephen Straus of the National Center for Complementary and Alternative Medicine. ❖



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## Massage and repetitive strain injuries

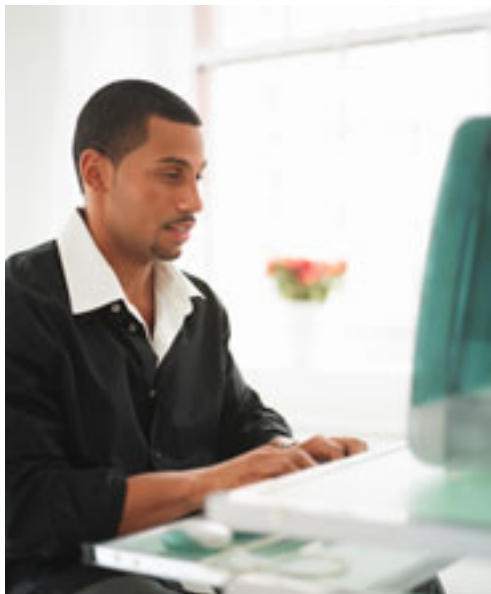
### Relieve pain and restore movement

Pain and dysfunction due to repetitive activities, also known as repetitive strain injuries (RSI's), can affect anyone from golfers to office workers. Tendinitis, frozen shoulder, tennis or golfer's elbow, plantar fasciitis, and carpal tunnel syndrome are some examples of RSI's.

#### ***Do you have an RSI?***

You may have an RSI if you have chronic muscle spasms in the upper back and neck, stiff and painful shoulders, or tingling in your arms or hands.

If you have pain, tightness, or weakness in these areas, continuing repetitive movements may cause a serious injury and extended loss of time away from work or recreation. Early treatment is essential. Even if you are just beginning to notice tingling, numbness or weakness in these areas, see your health care provider right away.



*Repetitive movements at work can cause muscle tension to build, and may lead to injury.*

#### ***How massage helps***

Healing an RSI often requires plenty of time and rest. Massage can be especially helpful. Special bodywork techniques release knots and painful trigger points in muscles and tendons, and increase the pliability of damaged tissue. Massage can help reduce swelling, release and stretch tight tissues and restore easy, pain-free movement. Ice therapy and self-care suggestions such as specific stretches may be included in your treatment. Your massage therapist may recommend regular sessions to help reverse the problem. ❖



*...in a 2004 study at New York's Memorial Sloan-Kettering Cancer Center, 50 percent of patients surveyed after receiving massage therapy reported a decline in pain, fatigue, stress, anxiety, nausea, and depression. Within a 48-hour follow-up period, all of the patients who had reported improvement said that their symptoms remained better than they had been before massage.*

*—Dr. Andrew Weil, author of Natural Health, Natural Medicine*