

Massage as the Body's Workout

Can Bodywork Sometimes Make You Sore?

Shirley Vanderbilt

You've just had a wonderful massage, and you go home feeling both relaxed and rejuvenated. But later that night you feel like you're coming down with something. Or perhaps the next morning, you wake up with twinges of muscle soreness, maybe some fatigue, and you just don't feel yourself. What happened? Chances are it's the massage, and it's perfectly OK.

Keith Grant, head of the Sports and Deep Tissue Massage Department at McKinnon Institute in Oakland, Calif., says, "It's very much like doing a workout. If the muscles aren't used to it, they often respond with some soreness." Grant notes this should last for no more than a day or two. If it lasts longer, the

therapist can find all the kinks that have built up from daily stress and too little or too much exercise. The whole point of a therapeutic massage is to release that tension, work out the kinks, and help your body relax so it can function at an optimal level. All of this work stretches muscles, pushes blood into them, and gets things working again.

A Closer Look

There are several theories, in addition to muscle function, as to why people sometimes experience after-effects from massage.

Massage can stimulate the lymph system, which is comprised of several organs

I cannot teach anybody anything, I can only make them think.

-Socrates



A good massage can sometimes leave you feeling like you had a good workout.

massage may have been too intense, and the therapist should adjust for this in the next session. However, just as with exercise, when your body adjusts to having this type of workout, your physical response will also be less intense.

A professional massage is more than an ordinary backrub. Your massage

(thymus, tonsils, spleen, adenoids), hundreds of lymph nodes, and a multitude of vessels that run throughout the body. These lymphatic vessels carry a clear fluid, known as lymph, that circulates around the body's tissues, absorbing fluid, waste products, dead cells, bacteria, viruses, fats, and proteins

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from the tissue as it goes, while also giving passage to immune cells as they're needed. Massage can sometimes stimulate the lymph system, helping to eliminate toxins from the body. And if the body contains a high level of environmental or dietary toxins, you could feel some mild, flu-like symptoms. While most people come out of a typical massage feeling nothing but relaxed, some people do report feeling a bit nauseous. If this is the case, make sure to drink plenty of water and perhaps take a slow walk. Movement creates a greater lymphatic response and will hurry the process along.

Grant points to another theory being closely examined by experts. Neurological sensitivity, or "sensitization," looks at the "whole response of what's going on in a person." As Grant explains, massage provides a significant amount of input to the central nervous system and the body responds to that increased information. Pain and other occasional after-effects may be the result of a system that has received more information than it can handle at that particular time. And because the amount of sensory input we receive during any day or week is always fluctuating, sometimes we may be overloaded and other times not. It depends on the total stress (emotional, spiritual and physical) being experienced by the body at that moment.

Minimizing Overload

So what can you do to minimize the sometimes uncomfortable side effects? It's important to communicate with your massage therapist regarding your expectations, as well as your current state of health. Your therapist can then tailor the massage to your personal needs and desires, and make adjustments in intensity or technique as the session proceeds. "I'd look at what's being done," says Grant. In some cases, a shorter or more soothing session may be more appropriate. In others, the therapist may need to change the kind of technique used. Much of this can be judged by how the person is feeling and responding during the massage.

In addition to communicating clearly with your practitioner throughout the session, following a few simple steps will help ease tenderness and maximize

benefits:

- UNDERSTAND THAT EVERY BODY REACTS DIFFERENTLY.

Your body is an organism made up of complex systems that react to a constantly changing influx of external factors.

- MAINTAIN GOOD HEALTH PRACTICES.

This means keeping your mind free of negative clutter.

- DRINK PLENTY OF WATER IMMEDIATELY FOLLOWING YOUR TREATMENT.

Continue to do so for the next day or two. This will rehydrate your tissues and ease the effects.

- TAKE IT EASY AFTER YOUR MASSAGE.

Go home, relax and just allow your body to find its balance naturally.

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a

huge part in how healthy you'll be and how youthful you'll remain. Budgeting time and money for bodywork at consistent intervals is an investment in your health. And remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health plan, and work with your practitioner to establish a treatment schedule that best meets your needs.

Like exercise, making bodywork a habitual practice is good for your health. And if you wake up the next morning a little sore, it's probably because you had a really good massage.



Bodywork can stimulate the lymph system, which can help detox the body.

De-stressing the Commute

Turning Road Rage into Road Sage

The average American commuter spends an hour a day driving to and from work. During this stressful, stop-and-go time, it's likely that blood pressure increases, adrenaline begins pumping, and muscles constrict and tighten. By the time you get home, you're wiped out and grumpy, and you have less to offer to those you come home to. If this sounds familiar, recognize that you have the power to reduce commuter stress. Here are a few tips to make your commuter time contribute to -- rather than detract from -- your life.

- Employ adjustable back cushions, pillows, wedges, and lumbar supports for a more comfortable commute. For more information, check out www.relaxtheback.com.

- To successfully sidestep the late-afternoon slump often caused by the stress hormone cortisol, keep some healthy snacks within arms reach. Celery, string cheese, water, and nuts -- especially almonds -- are good options

for the drive home.

- Borrow books-on-tape/CD from the library. Consider purely entertaining novels to ease the intensity of your drive.

- Learn a foreign language. Libraries also loan out these types of tapes and CD, too.

- Use your commute as an opportunity for spiritual or emotional growth. When stressing about a traffic jam, remind yourself that it's completely out of your control. Remember, attitude is everything.

- Practice breathing. When stress occurs, breathing becomes shallow and constricted. Taking full, deep breaths gives the body more oxygen, helping to regulate physical and mental function. Exhaling fully releases tension and built up toxins.

For more ideas on achieving calm in a busy world, consider reading *Serenity* to

Go: *Calming Techniques for Your Hectic Life* (New Harbinger Publications, 2001) by Mina Hamilton.



Creativity goes a long way on your commute.

Hot or Cold for Injuries?

How to Know Which is Best for You

Art Riggs

We all know that treating an injury immediately after it happens can help minimize the pain and damage as well as facilitate recovery. But after rolling your ankle in a soccer game, or hurting your back when lifting your toddler, or tweaking your knee when stepping out of your car, what's best? Should you ice it to try to control inflammation, or would heat be better to promote circulation?

While it's difficult to establish a fail-safe rule for when to apply ice or heat, the general directive is to use ice for the first forty-eight to seventy-two hours after an acute injury and then switch to heat.

It Depends

The reality is that many conditions are not necessarily the result of a specific injury. I call these conditions "recurrent acute" and find them by far the most

common: sciatica that occurs when you drive a car; a back that flares up every time you garden; or tennis elbow from intense computer work. In these cases, consistent and frequent applications of ice may prove very helpful over long periods of time, particularly immediately after experiencing the event that causes problems.

Conversely, back or other muscle spasms caused by overexertion rather than injury may benefit greatly from heat immediately upon the onset of symptoms or immediately after exercise in order to relax the muscles and increase circulation. Also, muscle belly pain not resulting from acute and serious trauma generally responds well to heat, which can break the spasms and release the strain. On the other hand, nerve and tendon pain--regardless of

the duration of symptoms, even if you've been experiencing them for months--benefit from ice.

What Works for You

The bottom line: different individuals will constitutionally vary greatly in their reactions. Some people are more prone to the types of inflammation exacerbated by heat, while others find their bodies contracting and tightening at the mere mention of ice. Try each option and pay close attention to how your body and mind respond, and let your gut be your guide. Ultimately, what works best for you is, well, what's best for you.

*The human
heart feels things
the eyes cannot
see, and knows
what the mind
cannot
understand.*

-Robert Vall

Hi Everyone, Remember to take care of yourself and those you love.

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