

Benefits of Massage

- Increases blood and lymph circulation
- Relaxes yet energizes the Mind, Body, and Soul
- Helps relieve tension and stress in muscles and other soft tissues
- Helps break up scar tissue
- Assists in the repair of muscles tears, sprains, and strains
- Helps in relieving cramps and spasms
- Helps to tone muscle
- Increases Range of Motion (ROM)
- Helps to lengthen and stretch muscles, tendons and ligaments
- Helps relieve Trigger Points
- Helps relieve Tendinitis and Carpal Tunnel symptoms
- Helps reduce nausea in chemotherapy patients
- Helps overcome the feelings of fatigue
- Massage has been shown to increase flexibility as well as to improve measures of anxiety, depression, vitality, and perceived stress
- It can also increase feelings of wellness, calmness, relaxation, and a sense of belonging

Definitions of Health Terms

Blood – The key transporting fluid that brings oxygen, nutrients and hormones to cells of the body and carries all of your body's defensive fluids and cells.

Bruise - Also called a contusion is an injury to tissue in which the capillaries are damaged, allowing blood to seep into the surrounding tissue. It is usually caused by blunt impact. Bruises often induce pain but are not normally dangerous.

Cartilage – A type of dense collagen and elastic fibers that acts as a cushion at a joint so the joint can move smoothly (with out) pain.

Fascia - A sheet of broad band fibrous connective tissue that covers, supports and separates muscles and other organs of the body.

Hypertonicity - Increased tension of the muscles, meaning the muscle tone is abnormally rigid, impairing proper movement.

Hypotonicity - Decreased tension in muscle tone. A lack of muscle tone inhibits proper movement as the muscle is not developed or is too soft to support the body.

Ischemia – An area of the body that is suddenly or gradually deprived of oxygen due to an obstruction or constriction of blood vessels. This impairs the muscle from functioning properly. Rather than becoming loose and weak, it becomes tight. Often a gradual process, but can be a sudden and violent reaction to oxygen shortage.

Ligament – Dense fibrous connective tissue that attaches bone to bone.

Muscle Fatigue – The inability of a muscle to maintain its strength of contraction or tension; may be related to insufficient oxygen, depletion of creatine phosphate, glycogen and other nutrients, and/or lactic acid buildup.

Pain – Pain is not a problem in the body. Pain is a symptom from a condition, injury and/or illness in the body. Pain tells the body what its limitations are.

Scar Tissue – Is the growth of new tissue-skin or fascia that help repair these tissues after injury. Scar tissue is a very good and natural way the body repairs itself, but is only useful for short periods of time. When a build up of scar tissue happens or old scar tissue remains, this is when you get issues with range of motion and the tissues are not able to fully heal due to the scar tissue.

Tendon – Fibrous connective tissue that attaches muscle to bone.

Trigger Points – Is simply a small contraction knot in muscle tissue. It often feels like a partly cooked piece of macaroni, or like a pea buried deep in the muscle. A trigger point affects a muscle by keeping it both tight and weak, while it contracts directly on the muscle fibers. In turn, these taut bands of muscle fibers keep constant tension on the muscle's attachments, often producing symptoms in adjacent joints. The constant tension in the fibers from the trigger point restricts circulation in the immediate area. The resulting accumulation of the by-products of metabolism, as well as deprivation of the oxygen and nutrients needed for metabolism, can enable trigger points to persist for months or even years unless some intervention occurs.

Trigger Point Symptoms – Are known to cause headaches, neck and jaw pain, low back pain, the symptoms of carpal tunnel syndrome, and many kinds of joint pain mistakenly ascribed to arthritis, tendinitis, bursitis, or ligament injury. Trigger points cause problems as diverse as general pain, muscle stiffness, muscle weakness, earaches, dizziness, nausea, heartburn, false heart pain, heart arrhythmia, tennis elbow, postural disorders, and genital pain. Trigger points can also cause colic in babies and bed-wetting in older children, and may be a contributing cause of scoliosis.

Wellness - Includes the elements of enhanced quality of life, and improved physical, mental, emotional and spiritual well-being.

Common Conditions Body Work Can Help And Why

Arthritis – Is a general term for inflammation of a joint. There are different types of arthritis and each one has different causes.

How Body Work Helps – Body Work (can not) get rid of arthritis, but by massaging the muscles, ligaments and tendons of the associated area, inflammation can be reduced, and relaxation and reduction of tension of those tissues will help to alleviate the stress, tension and pressure on the joint.

Bursitis – Is inflammation of a bursa. A bursa is a fluid-filled sack that acts as a protective cushion at points of recurring pressure. Their purpose is to ease the movement of tendons and ligaments moving over bones, and to cushion points of contact between bones.

How Body Work Helps – In sub acute stages of bursitis massage and body work helps to relieve the tension of the muscles and in turn help to alleviate pressure on the joint, ligament or tendon. Massage will also help to decrease inflammation in the surrounding areas.

Carpal Tunnel Syndrome – Irritation of the median nerve brought about by the entrapment of the median nerve between the carpal bones of the wrist and the transverse carpal ligament that holds down the flexor tendon.

How Body Work Helps – Massage helps by reducing inflammation and tension in the ligament and surrounding tendons. When the tension and

inflammation is decreased and blood flow is restored, the irritation of the nerve can be reduced and decrease the pain symptoms.

Cerebral Palsy – Is an umbrella term used to refer a variety of central nervous system injuries that may occur prenatally, at birth, or in early infancy. These injuries usually result in motor impairment, but may also lead to sensory and cognitive issues. Most people with CP experience very tight and contracted muscles due to motor impairment. But there are many types of CP, so symptoms may vary person to person.

How Body Work Helps – Massage and physical therapy are very important to maintain a comfortable quality of life for people dealing with CP. Massage helps to relax and stretch tight and contracted muscles, as well as help with muscle tone. When this happens the range of motion and flexibility will increase giving the person more accessibility to move better.

Chronic Fatigue Syndrome – Is a collection of signs and symptoms that effect many systems in the body. CFS manifested by debilitating fatigue and may be accompanied by swollen nodes, slight fever, muscular and joint aches, headaches, excessive pain after mild exercise and non-restorative sleep.

How Body Work Helps – Body Work helps to alleviate stress and tension on the body, improve blood and energy flow and decreases inflammation in associated areas. When this is accomplished people with CFS are in less pain which can help with their sleep issues and can function better in their day to day lives.

Epicondylitis – (Tennis or Golfer’s Elbow) – Is an infection or inflammation of the epicondyle of the elbow and irritation to either the flexor or extensor muscle and/or tendons of the forearm. Golfer’s Elbow refers to issues with the flexor muscles and tendons and Tennis Elbow refers to issues with the extensors.

How Body Work Helps – Massage helps to decrease inflammation and tension to restore proper blood flow to the area and will in turn help decrease pain and increase rang of motion.

Fibromyalgia – Is a chronic pain syndrome involving sleep disorders and the development of predictable patterns of tender points in muscles and other

soft tissues. Fibromyalgia syndrome is diagnosed when other diseases have been ruled out, and when 11 active tender points are found distributed among all quadrants of the body.

How Body Work Helps – Massage helps by reducing pain levels, anxiety and depression that people experience with Fibromyalgia, as well as helping to increase blood and lymph circulation.

Frozen Shoulder – Is a disorder that involves the synovial capsule at the gleno-humeral joint (Ball and Socket of the Shoulder). Often precipitated by some other inflammatory problem (Bursitis or Tendinitis), the joint capsule gradually adheres to the articulating bones, causing pain, inflammation and loss of range of motion. The muscles usually involved are the “Rotator Cuff Muscles.”

How Body Work Helps – Releasing key trigger points is a big way to help with this condition, along with massaging key muscles that will help with the strain and tension put on the shoulder joint. This will also help to reduce inflammation.

Headaches – Is pain in the head that can be caused by any number of sources. Muscular tension in the neck, jaw, and head, vascular spasm, dilation, and chemical imbalance are all contributors to headaches. Migraines fall under the category Vascular Headaches and falls under a chemical and energetic imbalance.

How Body Work Helps – Due to the underline cause of the headache, body work can help in many different ways. With tension or muscle spasm related headaches, body work helps by relaxing the muscles, increases blood flow, decreases sinus pressure and lowers blood pressure to help with vascular pressure.

Ischemic Cramping During Pregnancy – As the fetus lays on the femoral artery (just were it splits off from the abdominal branch), it can interfere with blood flow into the leg prompting a violent contraction of the Gastrocnemius “calf muscle.” This is a classic example of an acute cramp or “charley horse.” It is possible that circulatory or nervous system problems can cause this as well.

How Body Work Helps – Stretching and massaging the muscles and their attachment site to the bones will facilitate relaxation and help to get rid of chemical waste in the muscles and decrease tension. Manipulation of the muscle also helps with long term spasms by increasing circulation to the area, and will ultimately break through the ischemia-spasm-pain cycle.

Muscular Atrophy – Is the wasting away of muscles. Individual muscle fibers decrease in size because of progressive loss of myofibrils (which are part of the muscle cell that deals with contraction of the muscle). The atrophy that occurs when muscles are not used is termed Disuse Atrophy. Bedridden individuals and those with immobilizing devices, such as a cast, experience Disuse Atrophy due to a decrease in the number of nerve impulses directed to the area. If the nerve supply to a muscle is disrupted or severed, the muscle undergoes Denervation Atrophy. After experiencing this for 6 months - 2 years, the muscle will be $\frac{1}{4}$ its original size, and the muscle fibers will be replaced by fibrous connective tissue. The transition to connective tissue, when complete, cannot be reversed.

How Body Work Helps – Body Work helps by increasing blood flow to the area and manual manipulation of the muscles can help to keep muscle tone from decreasing. The main idea is to stimulate the muscles and nerves as much as possible within tolerance of clients comfort.

Myofascial Pain Syndrome – A collection of signs and symptoms that indicate trauma to muscles and leads to a cycle of chronic spasm, ischemia and pain. This cycle usually correlates with specific Trigger Points.

How Body Work Helps – Body Work can help by releasing Trigger Points, therefore helping to break the pain-spasm cycle and assist in getting rid of irritating metabolic wastes that accumulate around Trigger Points.

Pain-Spasm-Ischemia Cycle – Blood carries oxygen to the body's muscles. When a muscle is overworked, muscle fibers become tight, restricting blood flow and oxygen received. This causes pain and spasm. Without oxygen, muscles continue to work anaerobically which produces byproducts that irritate surrounding nerve fibers, reinforcing the muscle spasm and pain. Over a period of time, the brain interprets this pain to be normal and a chronic spasm can form.

How Body Work Helps – By using various massage techniques, the goal is to loosen the muscles, increase blood flow to allow oxygen to the muscles and that will help to alleviate pain.

Plantar Fasciitis – Is the pain and inflammation caused by injury or heavy irritation to the plantar fascia and associated tendons on the bottom of the foot.

How Body Works Helps – By releasing tension in deep calf muscles that put strain on the plantar fascia, it breaks down old scar tissue and aids in the production of new helpful scar tissue on any damaged tissues.

Shin Splints – Refers to a collection of possible lower leg issues including compartment syndromes, muscle tears, periostitis, hairline fractures and other problems. This is usually caused by regular exercise and built-up tension in lower leg muscles which cause muscle fibers to contract and shorten. This tension eventually begins pulling on the tibia and fibula in the lower leg which results in pain of the shin.

How Body Work Helps – Lower leg muscles are not able to independently stretch completely, even with exercise. Massaging these muscles allows manual stretching and removal of built-up tension and aerobic byproducts caused by exercising. This alleviates stress on attachment sites and bones, and encourages blood flow to the area for repair. Massage is also a great way to prevent future shin splints and periostitis.

Spasm/Cramp – Spasm is an involuntary contraction of a muscle. There are two types: *chronic spasms* which are marked by alternating cycles of contraction and relaxation, and *tonic spasms* which are sustained periods of strong tension. A strong, painful, and short-lived spasm is known as a cramp. Example: Tight and painful muscles along the spine are classified as a spasm, whereas a Gastrocnemius (calf) muscle with a “charley horse” is experiencing a cramp. Cramps and spasms are caused by calcium, magnesium, or potassium deficiencies, deprivation of oxygen to the muscle, dehydration, electrolyte imbalance, and/or hypothermia.

How Body Work Helps – Stretching and massaging the muscles and their attachments to the bones will facilitate relaxation, and help get rid of chemical waste in the muscles. Manipulation of the muscle also helps with

long term spasms, increases circulation to the area and will ultimately break through the ischemia-spasm-pain cycle.

Sprains – Forcible wrenching or twisting that over stretches or tears ligaments but does not dislocate the joint. This occurs when the ligaments are stressed beyond their normal capacity. Sprains also may damage surrounding blood vessels, muscles, tendons or nerves. Hemorrhaging of these ruptured blood vessels contributes to swelling and severe pain which can make the joint immovable. The ankle joint and lower back are the most common places to experience sprains.

How Body Work Helps – In sub-acute conditions body work can help in the production of helpful scar tissue and reduce swelling and damage due to the injury.

Strains (Muscle Pulls) – Is an overstretched or partially torn muscle or tendon. Strains often occur when a muscle contracts suddenly and powerfully, for instance when a sprinter accelerates quickly. Strains are also caused by repetitive motion or overuse of a specific muscle or tendon.

How Body Work Helps – In the sub-acute phase body work helps to produce useful scar tissue, reduces adhesions and inflammation, increases blood flow and range of motion.

Tendinitis – Is an inflammation of a tendon. Usually attributed to over use or injury in a tendon, where the tendon attaches to the muscle or to the bone.

How Body Work Helps - By reducing inflammation, scar tissue, adhesions, edema massage helps to increase circulation and range of motion. Massage is only applied in the sub-acute stage.

Tendinosis – When tendons have sustained significant damage but are no longer inflamed. Tendons with Tendinosis may have significant accumulation of disorganized scar tissue, poorly formed collagen and a reduction in weight-bearing strength, however the inflammatory process is no longer at work unless the structure is re-injured.

How Body Work Helps – To stimulate circulation and improve nutrition to the tendons, muscles and other connective tissues. Also by stretching and breaking down the damaged tissues, this will let new helpful scar tissue to form.

Tenosynovitis – Inflammation of a tendon or its surrounding tenosynovial sheath (which is a protective sheath around the tendon where it passes over bone or through other muscles and tendons). This can happen wherever a tendon passes through a sheath, but is especially common in the shoulder, wrist, and hand.

How Body Work Helps – By reducing inflammation and tension on the tendons and surrounding muscles and increasing blood flow to the area. Massage is only applied in a sub-acute stage.

Thoracic Outlet Syndrome (TOS) - A collection of signs and symptoms brought on by impingement of nerve and blood supply to the arm, specifically the Brachial Plexus. Depending on what structures are compressed, TOS can manifest as shooting pains, weakness, numbness, a “pins and needles” feeling known as paresthesia in the arm and hand, along with a feeling of fullness and/or possible discoloration of the effected arm from impaired circulation. The symptoms of TOS can also mimic Tendinitis in the elbow and carpal tunnel syndrome in the wrist.

How Body Work helps – Reducing pressure on the Brachial Plexus by massaging muscles and tendons in the neck and upper chest. This will in turn allow proper blood circulation and nerve reception. Typically the most problematic areas are the Pectoral Minor in the chest and Scalene muscles in the neck.

TMJ Disorder – Temporomandibular Joint (TMJ) Disorder - Arises when constant strain, stress and pressure of the jaw and head leads to pain and loss of function of the Temporomandibular Joint. Symptoms of TMJ disorder include pain in the head, neck, shoulder, ear and mouth. Also includes a clicking or locking in the jaw and a loss in range of motion.

How Body Work Helps - By reducing tension, relieving Trigger Points and inflammation typically in the Pterygoid, Temporalis, and Masseter muscles. This will help to alleviate the pain and increase blood circulation and range of motion.

Whiplash – An umbrella term referring to a collection of soft tissue injuries or irritations that may occur with fast motion of the cervical neck either front to back or side to side. These injuries include sprained ligaments, strained muscles or tendons, damaged cartilage, joint capsules and TMJ problems.

Although whiplash technically refers to soft-tissue injury, damage to other structures including vertebrae, discs and the central nervous system frequently occur simultaneously.

How Body Work Helps – Helps to produce useful scar tissue and decreases inflammation. Only works in a sub-acute stage defined as 1-3 days after an accident.