

MASSAGE NEWS & TIPS

Jessica A. Chew LMT #1722, 184 Old Hwy 431 Suite C, Hampton Cove, AL 35763
www.hamptoncovemassage.com info@hamptoncovemassage.com (256) 533-3443

In the News -- Arthritis

By Jessica Chew

There is promising news for individuals with osteoarthritis (OA) according to a new study published in December's issue of *Archives of Internal Medicine*. They found Swedish massage therapy to be an effective treatment of OA of the knee and recommend further studies to investigate the cost-effectiveness & optimal duration. Individuals who received massage therapy found that the most significant improvement was a reduction of pain, followed by a reduction in stiffness and an increase in flexibility in the joint. The authors were quick to point out that no adverse side effects were experienced.

How does massage therapy help arthritis? See page 2 for some theories.

What is Reflexology Anyway?

By Jessica Chew

Reflexology is based on Ancient Chinese Medicine and involves pressure and massage of reflex points on feet and hands. Reflexology is also a holistic approach to caring for the body; that is, it deals with the body as a whole with its interrelated systems.

Reflexology can be very relaxing, helping you let go of tension. It has also been shown to increase circulation, which increases the supply of oxygen and nutrients to the rest of your body.

INSIDE THIS ISSUE

In the News -- Arthritis	1
What is Reflexology Anyway?	1
Arthritis cont.	2
Tips -- Do I use Hot or Cold?	2



Do you know someone with osteoarthritis? I'd appreciate your referral!

Reflexology can also be used as a complementary care for a number of conditions. Each person is different, but the following have been known to respond to reflexology: headaches & backaches, sinus congestion & easing the swings of PMS.

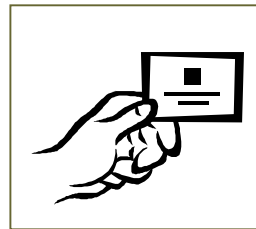
I had a client who had a complaint of knee pain, so I concentrated on her knee points during the course of her reflexology session. She said she could feel the pain going away. But to my amazement, at the conclusion of the session, she began to move her knee around quite limberly. She said she couldn't remember the last time she'd been able to do that, & she was without pain!

Please see *Tips* on page 2

Arthritis

There are two main ways that massage therapy is believed to help arthritic joints. First, by working the muscles around the stiffening joints, muscles are once again loosened and the joint becomes more flexible & less painful. The second benefit comes from the massage stroke itself. As the therapist's hands move around the muscles surrounding the joint, it is believed that fluid stuck inside the arthritic joint is able to pass through and wastes are removed.

When working with individuals with arthritis, I have begun to use emu oil, an oil that has anti-



Do you have any suggestions? I'm looking at continuing education courses for this year. If there is a service that I do not offer that you are interested in, let me know!

inflammatory properties. Early studies are also showing that emu oil reduces pain and swelling in arthritic joints.

Tips – Do I use Hot or Cold?

One of the most common questions I am asked is probably related to applying heat or cold to muscles. The following is a quick rule of thumb for remembering what to use:

- **COLD** – therapeutic; use for no more than 15– 20 minutes at a time
- **HEAT** – relaxes muscle tissues. Not necessary for over 20 minutes at a time & NEVER overnight

Using a COLD compress is therapeutic. You can use it to treat most conditions.



If you **injure** a muscle, you can greatly speed up the recovery time if you apply **ICE (COLD)** within the first 24 hours. As long as a muscle feels **warm**, you should continue to **ice** the muscle/injury.

After the first day or so after an injury you can **alternate between heat and cold** (every 20 minutes). This is also very therapeutic.

If your muscles are tight, you can apply heat in the form of a heating pad, a rice sock, or a warm bath. They will all help loosen muscles. You can also apply heat to a chronic condition before use (ex. exercise or other activities that irritate movement).

Thanks for reading & I look forward to sharing more information with you in the future.

Plus, there is always more information being added to the website. Check it out!
Sincerely, Jessica

www.hamptoncovmassage.com

Valentine's Day is right around the corner. Gift certificates are available.