

Our Peaceful Times

ISSUE #10: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

With more and more people deciding to eat more healthfully, exercise, and feel better, therapeutic massage has become a vital tool in getting over the "hump" of fatigue and muscle pain that comes with changing your way of life. Massage fits into people's new way of life and becomes the motivation, payoff, and catalyst for taking care of yourself. Low-carb diets and eating better isn't enough. To truly become healthy, people need to address both their body and mind, and therapeutic massage is an effortless, painless, extremely pleasant way to heal and feel better.

The therapists at Peaceful Healing specialize in techniques from Deep Tissue techniques that address soft tissue injury and illness, to soothing full-body Western massage that manages stress and promotes healing and good health.

The journey to a better, healthier life begins with a single step. Make the time and research-proven benefits of therapeutic massage a part of that journey.

HEALTH INSURANCE UPDATE

Peaceful Healing participates in the Massage Therapy Discount programs for Anthem/Blue Cross, Connecticare, and HealthNet. We are currently completing the application process to join with Cigna and to become preferred providers with Anthem/Blue Cross. If your insurance company is not listed here, give us their phone number and we'll do what we can to get on their lists!

SPRAINS AND STRAINS: TREATMENT OPTIONS

At one time or another all of us have sprained or strained some joint or muscle in our body, and, aside from practicing our limping, we usually take very little care of this seemingly benign injury. However, a couple months later we notice our body is not responding quite as agilely as it was before we hurt ourselves. What could we have done to help this situation?

The self-treatment of a sprain or strain is very simple, provided that the injury itself is not severe. **With any injury, you should have your doctor assess the amount of damage which has occurred and prescribe suitable treatment.** As long as the muscle, tendon, or ligament is not torn and does not require surgery to repair, very often the physician will recommend the following:

R.I.C.E. or Rest, Ice, Compression, and Elevation. Essentially, you need to give the injured area some time off, use ice packs (see NOTE below) as often as possible (15 minutes every hour is optimal), compress the area by wrapping a bandage around it to reduce the amount of swelling and provide support to the injured area, and elevate the injury (This is especially important if your ankle

is effected since bodily fluids tend to pool in the lowest parts of your body due to gravity. Elevating the injured limb creates a more normalized flow of blood to aid in the healing of the area.)

R.I.C.E. is recommended for the first 24-72 hours after an injury has occurred. When this initial time period has passed, a second self-treatment course is recommended:

M.I.C.E. or Movement, Ice, Compression, and Elevation. Now that you have given your injury some time off so your body's natural healing process can take effect, gentle movement can be introduced to prevent stiffness or a loss of range of motion. The most important thing to remember when you begin is to keep the movements pain-free. If it hurts, then your body is not ready yet or the joint or muscle is being moved too much. Start slow and do not be afraid to stay slow as long as you are pain-free. Continue using M.I.C.E. for 3-4 days after the injury occurs.

One of the most common mistakes we make when we are hurt is that the moment we start to feel better, we attempt to hit the ground running. This usually results in the joint or muscle being re-injured or at the very least the healing process is slowed down. Remember to keep taking care of yourself and do not overwork the injured joint or muscle as much as possible.

Why go to all this trouble in the first place? According to the Sports Medicine Bible (p. 46), if R.I.C.E. is used within 10-20 minutes of the injury, the person will experience a 50-70% reduction in the amount of time they are disabled by their injury.

What about massage? Massage aids the body's natural healing process by increasing drainage of spent bodily fluids and increasing the flow of fresh blood through the area. Massage directly on the injured site is not recommended until the person has begun using M.I.C.E.

****NOTE about using ice:** While ice is best for reducing swelling and pain from an injury, certain health conditions may be aggravated by the use of ice. Ice should NOT be used by people with rheumatoid conditions, cold allergies (if ice is applied to the skin, a rash develops in that area), frostbite, paralysis or impaired sensation, or Reynaud's disease or any other condition that makes them sensitive to the cold. Also, use the amount of ice you are comfortable with. If you tend to be easily chilled, wrap yourself in blankets or warm clothing while using the ice, or you can also reduce the length of time you apply the ice to your injury (ex.: from 15 minutes to 10). After icing the injured area, it is also important that you do NOT stretch or do strenuous activities for several minutes. Icing numbs the muscle and you may unintentionally re-injure the area while it is in this state.

Peace, Love, Happiness and Good Health to all!

Jenn & Jamie