

Our Peaceful Times

ISSUE #18: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

CONTINUED OFFICE IMPROVEMENTS

As many of you have noticed, we are continuing to improve your experience in our office. Firstly, we have a new path, which was put in last year. Secondly, we have made our stairs and the wooden boardwalk safer by installing beautiful green carpeting so the wooden surface is not so treacherous when wet or icy. Lastly, we have replaced our cubicle walls with beautiful, flowing curtains whose natural color serves to brighten the office by reflecting the sunshine streaming through the windows. The curtains have also helped to improve air circulation, allowing the massage room to remain warmer or cooler more easily.

Look for more improvements to come!

Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer.

~Geoffrey B. Charlesworth

ON YOUR MARK, GET SET, GARDEN!

This is the time of year when we see our patients scheduling more sessions due to long hours spent gardening. Of course, we love getting the chance to see everyone more often, but simple steps can be taken to avoid or at least minimize the strain on your muscles.

First, preparation. Like any athletic activity or exercise, gardening is very strenuous and usually involves much bending, pulling, lifting, and digging as gardening beds are cleared out after the long winter and prepared for new plantings, fertilizer is spread, old growth is trimmed, and new plants are set into the soil. Even if you have machinery or tools to help you with this process, in most cases these aids need the guidance of the human hand for them to do their work properly. Before starting your gardening session, take the time to warm your muscles up by doing light, easy work first such as gathering all your tools and materials together (shovels, rakes, hoes, seeds, seedlings, etc.). Save the heavy stuff like the large bags of fertilizer or planting soil and the rototiller for the end of this period so you don't pull a cold, inflexible muscle. Follow this light activity with some light stretching such as reaching your arms above your head and leaning slowly from side to side to activate your low back muscles.

Second, work in short bursts and vary your activities. Instead of spending the whole day hoeing the garden bed, hoe a smaller portion of it, then either take a short break to stretch or switch to a different activity. Many gardening aches and pains result from spending too long in one position and/or repeating the same motion for too long. By taking a break, your muscles are given the chance to rest

or be used for some other motion before returning to the previous task. Sometimes you can even break up your garden into smaller sections and complete the work in each of those sections. It might seem simpler to just do one task at a time—like raking the entire garden first—but your body performs better when it is doing a variety of tasks and will thank you for the rest periods you give it.

Thirdly, every athlete's body performs better after receiving a massage. Massage keeps the muscles healthy and increases healing when injuries do happen. Despite not being featured at this summer's Olympic Games, Gardening is still a strenuous activity requiring you to take proper care of your body, just like any other athlete.

Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day.

~W. Earl Hall

A WEIGHT OFF YOUR SHOULDER

So you have an errand to run, and you grab your purse, messenger bag, or backpack and sling them over a shoulder as you head out the door. STOP! Hanging a bag or purse from a single shoulder puts strain on the muscles in your neck and shoulder to hold the bag in place. The best options are to either carry a bag or purse by a short strap from your hand or to use a bag with a long strap which you can put over your head so the strap lies diagonally across your chest. If you're using a backpack, use both straps instead of just one. Wearing your bags using both shoulder straps or with the long strap across your torso also keeps your hands free while you are out and about (a special "treat" for those of you who are parents)! Also, by wearing your bag close to your body, it will be more secure on your body (since it will not be constantly falling off your shoulder) and will minimize the risk of it being left behind or snatched by thieves.

WATCH YOUR BACK

Out of sight, out of mind is the usual treatment our backs get, but they need care just as much as the rest of our body! Oftentimes the pores become clogged with dead skin cells and perspiration which is trapped against our skin by our clothing builds up over time, resulting in mild acne or rough texture caused by the clogged pores. A long-handled back scrubber can exfoliate dead or flaking skin and help to clear out your pores so they can breathe freely again.



Peace, Love, Health, and Happiness to all.

Jenn & Jamie