



sports&remedialmassage
www.lizhavard.co.uk
relief from muscular tension

HAPPY CHRISTMAS and NEW YEAR for 2011!!

Welcome to the 2010/11 newsletter with special offers, helpful tips and current research in sports and remedial massage. If you have any queries or would like any further details then please do not hesitate to contact me.

Liz Havard

Top tips for winter aches and pains!

During the winter months many of us notice that our body starts to struggle a little more with everyday muscular aches and pains. Whether you suffer from a chronic condition or simply notice a build up of everyday tension from exercise, work or stress, the colder months are often more uncomfortable.

This is often because the cold, damp air can cause the muscles and tendons to stiffen and tighten. Also, as the nights draw in, most of us tend to be less active, with quieter evenings and less physical activity.

Here are some simple tips in addition to your sports or remedial massage treatment to help combat these aches & pains:-

Stay active: Keep your muscles and joints flexible by keeping active, short walks or mini work outs help keep the body in better condition.

De-stress and stretch: Just 5 or 10 mins to de-stress and let your body relax. After a hot bath or shower your muscles will be warm and flexible, ideal to go through some gentle stretches to work on problem areas.

Stay Warm: Whether you are heading out to work, walking the dog or going for a run, make sure you are dressed to suit the weather and avoid getting cold. If you have on-going issues cold muscles are more likely to spasm, which can lead to new injuries and renewed pain.

Eat Well & stay hydrated: Keep your diet healthy to provide you with maximum energy and drink plenty of water to avoid dehydration which can cause lethargy and general muscular aches.

Update: The majority of appointments are now being offered at Phepson Farm, both early morning and evening appointments are available Monday to Friday. Appointments at Droitwich Hospital are still available on Wednesdays 4pm-7:30pm. I continue to work with Worcester Warriors, delivering sports massage sessions

during the mid-week and recovery environments.

Prices are now set for Jan 2011:

1st & 50min appointments = £35.

30min appointments = £25.

Offers: Receive £10 OFF when booking 2 50min follow up appointments. Refer a Friend and receive £5 OFF your next appointment (Special offers cannot be used in conjunction with other offers).

Research: Recent research has been carried out by Hsieh LL et al (American Journal of Chinese Medicine 2010) into the effects of acupressure and trigger point compression in treating headaches compared to muscle relaxant medication. The study found that pain perception (recorded 1 & 6 months after treatment) was significantly lower after acupressure and trigger point work compared to the muscle relaxant group. It is great to have more research supporting manual therapy as an intervention for referred muscular pain.

There has also been some interesting research into the effect of trigger point manipulation to the leg muscles. Takamoto et al (Journal of Physiological Sciences 2009) recorded changes in heart rate, blood pressure, instantaneous lung volume, parasympathetic nervous activity and fatigue after trigger point manipulation and regulated breathing. The subjects were all women and they were tested after a day's work, predominantly standing. The results indicated that trigger point compression resulted in a reduction in heart rate, blood pressure, fatigue and an increase in instantaneous lung volume and parasympathetic nervous activity. Positive results, although it is likely to be a combination of the regulated breathing in addition to the trigger point compression that brought on these improvements.

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Welcome to the Autumn newsletter!

This newsletter aims to give a brief update on the clinics, details of current offers and provide you with some interesting information on current research in sports and remedial massage. If you have any queries or would like any further details on sports & remedial massage, then please do not hesitate to contact me. If you do not wish to receive the newsletter in future, simply reply via e-mail, post or text.

Liz Havard

Update: At Phepson Farm I am now offering two set days, Tuesday & Wednesday 4:00-7:00 with more flexible times available during the day dependant on other work commitments. I continue to work with Worcester Warriors, delivering sports massage sessions during the pre-match, mid-week and recovery environments for all players.

The clinic at Droitwich Hospital is still going strong with evening sessions offered on Mondays and Thursdays, appointments are available from 4:30pm to 7:30pm. I am now able to offer an additional afternoon session running from 2:30pm on Fridays.

The maternity cover positions at Worcester Physio Clinic and Worcester County Cricket Club have now finished.

Prices are now set for Oct 09:

1st & 50min appointments (remain the same) = £35.
30min appointments = £25.

Offers: £5 OFF! If you have had 2 sports massage sessions and require massage up to once every 12 weeks due to your sporting, work or lifestyle demands then you are eligible for £5 OFF every appointment! This offer stands for ALL previous customers, just bring the business card enclosed to your next appointment booked within 12 weeks. New offer - refer a friend and receive an additional £5 OFF your next appointment at Phepson Farm!

Research: Carpal Tunnel Syndrome. Research has been carried out by Moraska et al (Journal of Alternative & Complementary Medicine 2008), studying the effects of massage on the strength, function and symptoms of Carpal Tunnel Syndrome. CTS is a repetitive strain injury often associated with office or sporting based activities

affecting many people today. This study found that both general and targeted massage gave improvements to those suffering with CTS, indicating that sports massage can be a practical intervention to provide relief from the symptoms of CTS.

Post-neck-trauma trigger points. Research has been carried out by Ettlin et al (Archives of Physical Medicine & Rehabilitation 2008), providing information on the prevalence of active trigger points in specific neck muscles of patients with whiplash associated disorders. In terms of sports massage, this study can be used to target areas where tension may lie in individuals who have had a previous whiplash injury. *Trigger points: hypersensitive spots in skeletal muscles often causing referred pain.*

CTS and whiplash are both conditions requiring clinical diagnosis from a medically trained professional. Sports massage can only be carried out after diagnosis or referral from a health professional.

Special Offers!
Refer a Friend
Refer a friend and receive £5
off your next appointment!

Write your details on the back of this offer
and then give to your friend to hand in.
Valid at Phepson Farm only



