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**THERAPIES**  
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2 new Sports Massage Therapists  
start at Phepson Farm!

### Welcome to the Summer Newsletter

From August we will be welcoming two new sports massage therapists to the team at Phepson Farm. You will be introduced to your new therapists over the next couple of months as I step back from offering the sports massage treatments in September. We are very lucky to have two such experienced and skilful therapists to join us at Phepson and I am pleased that I can continue to offer you a very high standard of treatment and care. All appointments will continue to be made in the same manner via Phepson Farm on 01905391205 or [liz@phepsonfarm.co.uk](mailto:liz@phepsonfarm.co.uk), however, from Sept the mobile number will no longer be used. If you have any queries regarding your continued treatment then please do not hesitate in contacting me. Your two new therapists will be:

**Jenny Carter:** Having qualified as a Sports Therapist from Birmingham University in 2007 Jenny has gone on to work with both regional and international teams. Currently she works as the Sports Massage Therapist for Worcester Warriors and the Sports Therapist at Malvern RFC. Jenny has also trained in Swedish massage and treats non-sporting clients suffering from work or injury related muscular pain and tension. Her experience and skill will be a great addition to the team.

**Tracey Hyde:** Tracey qualified in Sports Rehabilitation in 2006 and has gone on to work with the English Institute of Sport, The Army, Worcester Warriors and international teams in both netball and rugby. Tracey is currently studying Physiotherapy part-time at the University of Salford in addition to some clinic work as a sports massage therapist in Churchdown, treating people with both work and posture related muscular pain & tension. Tracey's knowledge and skill in sports massage will be a great addition to the team.

**Update:** I have now qualified as a Class instructor (level 2) in Modified Pilates for Rehabilitation with APPI. Thank you to all who have taken up the 1-2-1 combined massage-pilates sessions, I have had great feedback and I hope you continue to find them beneficial. I will continue to offer these 75 min sessions at £35 until Sept so for anyone else interested please contact me for more details. As most of you now know from September this year I will be heading to Cyprus with my boyfriend who has been posted there with the Army. I am aiming to offer Pilates Workshops including golf specific sessions to holiday makers and residents. In the mean time I have been working with the golf professional, Russell Adams from Gadet Luce. I will be at Russell's next open evening at Gadet Luce (date tbc) giving information on pilates for golfers. If you are interested in coming to the open evening to learn more about fitness & conditioning for golf then contact me for further details.

**New:** As well as offering workshops in Cyprus I will be offering these new pilates workshop from Phepson Farm during set weeks when I am back. The details of the 1<sup>st</sup> workshops are below, please contact me if you would like to book your place.

### URgolfcore: Pilates workshop

**Workshop Focus:**

Core endurance for shot consistency  
Address postural weakness to improve accuracy  
Improve flexibility & range of movement for your swing

**The workshop includes:**

Pilates warm-up & drinks

URgolfcore: How pilates can help your golf swing  
Golf targeted matwork session

Date: Sat 6<sup>th</sup> Aug 9:30-11:00am Cost: £12

### URcore: Pilates workshop

**Focus:**

Posture, core endurance, control & flexibility  
Address postural weaknesses

**The Workshop Includes:**

Pilates warm-up & drinks

URcore: Understanding your body for pilates  
Targeted Matwork session

Groups of 4-5, contact me for dates available

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### Welcome to the Spring Newsletter

**Update:** Free pilates session with 50minute appointments, see below for details. Check out the new website for updates and feedback, please give me any details on your favourite local running, walking or cycle routes you would like to share or information on any charity events you are involved in and I will put them on the website.

Prices from Jan 2011:

50min massage appointments = £35.

30min appointments = £25.

**Offers:** Receive £5 OFF when booking a 50 minute follow up appointment. (Special offers cannot be used in conjunction with any other offers).

### New:

#### Combined pilates-massage session

I have now completed Level one of the APPI modified Pilates course and plan to offer a combined sports massage-Pilates session.

This dual treatment will use soft tissue work to address muscular tension and a personal Pilates programme to strengthen weaknesses. The aim is for your body to gain stability from strength and not tension, equipping the body better to deal with the stresses and strains of lifestyle demands.

Having completed level one I am now qualified and insured to offer the Pilates movements up to that level, the basic beginner movements. The new session will involve a postural assessment followed by a sports massage treatment and a basic personal Pilates programme to address your specific needs.

The session will take 75 mins but I am offering the Pilates part for **FREE** while I build up practice hours to complete level 2, therefore the cost of the session is the same as a standard 50min appointment (£35).

If you are interested in booking a combined session then please contact me to arrange an appointment.

**More information about APPI Pilates can be found on my website [www.lizhavard.co.uk](http://www.lizhavard.co.uk).**

### Top tips for a new Spring Workout

As the weather starts to brighten and the days are beginning to lengthen, the spring months are a great time to revitalise, adapt or start a new exercise or healthy routine. Here are some simple tips to give you fresh ideas.

**Revitalise** = If you need a shake up to help your motivation then think outside the box, have a few sessions doing something totally different and see the improvement in your old training, a change is as good as a rest some times. Try a British Military Fitness session! An outdoors work out for everyone, held all over the country a new session starts at Cripplegate Park in Worcester on 6<sup>th</sup> April, get out doors and give it a go! [www.britmilfit.com](http://www.britmilfit.com)

**Adapt** = If you have reached a plateau in your weight loss or fitness plans then don't despair, this is normal and now is the time to adapt your routine. Mix & match, if you have been exercising try switching a long, steady session for a shorter faster session or vice versa, don't stick to the same routine. Also, don't be afraid to add some weigh/resistance work, great for toning up and increasing metabolism, whether you are using free weights in the gym or bake bean tins in the lounge, there is something for everyone! If you're struggling with your diet then try keeping a food diary for one week and track what you are eating, make a few little changes or swaps and set a new short term goal of a couple of pounds rather than worrying about the ½ stone target.

**New**= If you are keen to try something new, either yourself or your family, then here are a couple of ideas to get you thinking... Find some local walks ([www.walk4life.info](http://www.walk4life.info)) or charity walks like The Waterways Walk starting in Droitwich for St Richards Hospice ([www.strichards.org.uk](http://www.strichards.org.uk)), if you are feeling more adventurous you could get out on the water and try rowing, the next 10 wk beginners course starts at Worcester Rowing club in April, maybe a days sailing at Upton Warren ([www.uwsc.co.uk](http://www.uwsc.co.uk)), climbing for adults & children at Vertical Limit Worcester ([www.vlimit.co.uk](http://www.vlimit.co.uk)) there are endless activities to start something new!

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## 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:

1<sup>st</sup> & 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, simple 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:

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

**Offers:** £5 OFF! If you have had 2 sports massage session 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



