

Clinical Tips for Massage

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Member, Associated Bodywork & Massage Professionals

Movement Education

Wellness in Motion

Lara Evans Bracciante

Someone may tell you it's all in your head. Yet you know it's not, because you're feeling it, in excruciating detail, in your body. Movement education pioneers agree that it may have started in your mind--way back when your body and your brain were learning together how to crawl, stand and walk--but it didn't end there. Movement education theorizes that when the body establishes responses to its emotional or physical environment, those responses are carried forward long after the original stimulus is gone. In other words, that pain in the neck, back, or head may just be the latest chapter in a story that began long ago.

the mind, anew. This is done through a series of sessions where practitioners may use hands-on manipulation to teach the student different ways to move, sit, stand, reach, bend, lift, and walk. This type of bodywork is especially beneficial for people suffering from chronic difficulties, but also for anyone trying to achieve higher levels of physical and mental wellness. Athletes, dancers, and musicians have credited movement therapy for enhanced performance. There are many variations of movement modalities, including the ones featured here. Similar in their goals, they offer subtle differences in technique and philosophy.

*Peace begins
with a smile.*

-Mother Teresa



By teaching body awareness, movement education can have profound effects on health.

Learning New Patterns

Movement education--an umbrella term also known as re-education movement, somatic movement education, repatterning, and movement therapy--employs the philosophy that one's body structure and movements get stuck in habitual, unhealthy patterns. Movement approaches unwind the patterns and teach the body, as well as

Alexander Technique

The Alexander Technique was created by F. Matthias Alexander (1869-1955), a Shakespearean orator who began losing his voice while on stage. In trying to alleviate his chronic laryngitis, he realized that reducing neck tension

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eased head compression, which in turn eased spine compression. By using his entire body to initiate an action, his movements became more unified and efficient.

Today, Alexander Technique therapists certified by the American Society for the Alexander Technique (AmSAT), the major certifying body, must have completed 1,600 hours of training over a minimum of three years to be certified. During a typical session, lasting 30 to 60 minutes, the client wears comfortable clothes and receives instruction on conducting everyday movements. The instructor may lightly touch the student while she moves to determine how much tension the muscles are involving and redirect the movement. Through gentle, physical and verbal guidance, the therapist teaches the student to release maladaptive behaviors.

Feldenkrais Method

The Feldenkrais Method was developed by Russian-born Moshe Feldenkrais (1904-1984). Living primarily in Israel, Feldenkrais's career in movement education evolved when an old soccer-derived knee injury vastly improved after he injured his other knee. He began researching and proposed that nearly our entire spectrum of movement is learned during our first few years of life. By communicating with the central nervous system via the skeletal system, old patterns can be replaced with new ones that lead to improved physical, mental, and emotional functioning.

Feldenkrais education has two components: group sessions, in which the teacher guides students through movement sequences, and one-on-one sessions, lasting 45 to 60 minutes, in which the student is fully clothed. The teacher uses gentle touch and movement to help the student become aware of existing patterns and new, more functional possibilities.

Hellerwork

Joseph Heller determined that movement education and deep-tissue bodywork emphasizing vertical realignment of the body can release chronic stress and tension. Hellerwork involves eleven sessions: in each session,

one hour is devoted to bodywork and thirty minutes to movement therapy. The therapist also uses verbal dialogue to explore emotional factors that may be causing tension. As a preventative technique, the goal of Hellerwork is to produce permanent, corrective change in alignment and movement.

Trager Approach

The Trager Approach originated with Milton Trager (1908-1997), who was born with a congenital spinal deformity. After receiving bodywork, he discovered he had a knack for healing touch.

Three elements make up Trager, including tablework, Mentastics -- Trager's term for "mental gymnastics" -- and recall. During tablework, the client lays on a massage table in a warm room wearing either loose-fitting clothes or underwear. The practitioner uses gentle, rhythmic touches to free the

body from restrictive movement. The session lasts from 60 to 90 minutes.

After tablework, the student receives instructions in Mentastics, which teach how to recreate the freedom and pleasurable sensory state experienced during the tablework, encouraging positive tissue response. Each time Mentastics are practiced, the changes become more permanent. The third component, recall, promotes relaxation by learning how to remember the feeling you had during tablework.

Are You Aware?

Movement education is proving to be an empowering form of healthcare available to anyone interested in self-improvement. By teaching awareness, movement education has the potential to not only make a person's body feel better, but also raise consciousness about other aspects of one's life.



Movement therapies can address postural problems as well as other seemingly unrelated issues

Magical Mango

Shelly Burns

Treating yourself to a mango is a perfect way to add some sunshine to your routine.

A mango is more than just a sweet, delicious fruit. It has properties beneficial to skin, including water-soluble vitamins like B2, B3, B6, folic acid (B9), and C. Mango is also a good source of beta-carotene and vitamin A.

Vitamin B complex delays skin's aging process. B vitamins provide a healthy glow, increased tone, and hydrated cells. The anti-inflammatory properties in B3 help skin retain moisture, alleviating dryness and irritation.

Vitamin C protects against the DNA damage that leads to skin cancer. This powerful antioxidant reduces the wrinkling effects of free radical damage, and combats other signs of aging by strengthening collagen and elastin.

Beta-carotene gives mango its wonderful

orange color and has an important role in protecting our skin's DNA. Dry, flaky skin can be remedied with the vitamin A derived from beta-carotene, which is important for repairing and maintaining healthy skin. Vitamin A has also been shown to help reduce and clear acne breakouts.

Other beneficial nutrients include magnesium, phosphorus, silica, sulfur, and vitamin E, which play a role in strengthening the connective tissue in our body, including skin, bone, hair, nails, and muscle.

Mango is not just beneficial to skin. Its nutrients reduce high blood pressure, the risk of stroke, and the chance of contracting heart disease. Mango also contains approximately 20 percent of the recommended dietary intake of fiber and enzymes, which promote healthy digestion.

Mango is especially helpful for long, dry winters, but you can enjoy it at any time

of year. It will help maintain smooth skin and a healthy glow.



Mango offers a variety of health benefits

Navigating Online Health Information

Getting medical information on the Internet might be easy, but relying on it can be dangerous--rumors, misunderstandings, biased opinions, and outright lies await. Here are some tips for using the Internet effectively as part of your health care.

Getting Good Information

"Start at Web resources dedicated to providing only peer-reviewed medical information," says library science expert Sean Eads. "WebMD.com and Healthfinder.gov are two excellent resources where the articles are researched and written by professionals." Eads recommends avoiding websites like Wikipedia or Yahoo! Answers where anyone can provide unverified information.

Other options for information include

AskDrWiki.com, where articles can only be composed and edited by qualified medical professionals. For a more academic viewpoint of conditions, Eads suggests Searchmedica.com, which compiles medical journal articles, clinical trials, and other health magazines into its searchable database.

Trust the Professionals

Internet sources should not be used in place of health-care professionals, experts say, but rather as a supplemental tool to enable you to be a better advocate for yourself. Gather the knowledge you need to be informed and ask intelligent questions, but remember that consulting a website is not a substitute for a visit to a health-care professional.

One advantage that the Internet does have is its ability to foster connections

between people living with similar conditions. A September 2010 Pew Internet survey shows that 1 in 5 Internet users have sought out someone with the same medical condition they had. Building an online community can allow people to share experiences, and provide support across long distances and in situations where a condition is less common.

Find a Balance

Recognizing both the benefits and shortcomings of these websites is necessary to utilizing them most effectively. By using the voices of many to become more informed, you can be more involved when listening to the reliable voice of a qualified health professional.

*Try to be a
rainbow in
someone's cloud.*

-Maya Angelou

Summer is here and that means slight schedule adjustments. We are staying open a little later on Tuesdays to accommodate later appointments. We are still open later on Fridays as well. Adele is in the office Tuesday mornings for now, and that will change as her schedule changes at the college.

Next month we are giving a talk on NON-INVASIVE Treatments for Chronic Pain. It is a lot of fun getting ready for these talks we find that clients of ours give us great information to research as we get closer to them, we enjoy the input, keep it coming.

Please check out the BEMER link on our website at the bottom of the homepage. If you are interested in more information we can send you a short 5 minute video link.

Be well and take great care of one another.

Brian & Adele

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