

- Pain Relief
- Stress Relief
- Increases Circulation
- Boost Immunity
- Improves Posture and Flexibility
- Lowers Blood Pressure
- Relaxes Muscles and Mind
- Rehabilitates Injuries
- Flushes Bodily Toxins
- Regulates Blood Sugar Levels

## Relief for those Gardening Aches and Pains



Spring is just around the corner! That means it's almost time to clean up this winter's mess in the yard and get ready for Spring gardening! Weekend gardeners especially will feel the aches and pains of raking up those sticks, mulching and cutting back those overgrown shrubbery.

Massage tailored specifically for gardeners provides therapeutic relief from gardening aches and pains.

Massage tailored for gardeners grew out of athletic massage. It differs from a relaxation (often called Swedish) massage because it is a deeper form of soft tissue treatment. Specific techniques pinpoint the areas stressed in gardening activities: the lower back, shoulders and neck, hands

and forearms, and the knees.

Massage therapy is proven complementary health care. Scientific research shows that massage relieves pain and stiffness, speeds recovery time and improves joint flexibility, to name just a few



benefits. Massage is effective before and after gardening. If done shortly before a strenuous day of gardening cleanup, you can minimize soreness by boosting circulation to the muscles and

loosening the joints. Massage is used to reduce the chance of injury-especially from those at risk tight spots prone to strain.

Massage is probably used most often to ease stiffness and soreness after gardening.. Massage for gardeners can speed relief from Delayed Onset Muscle Soreness, those aches and spasms that show up the day after. A one house massage is more effective at relieving soreness and stiffness than stationary rest of the same duration. It normally takes a muscle that has been stressed to a point of fatigue 48-72 hours to rest, adapt and recuperates. Massage tailored for gardening and other strenuous physical activity can reduce the recuperation time by as much as 50 percent.

## Massage for Construction Workers

If you've worked in construction for any length of time, then you know what that kind of physical labor does to the body. It keeps your strength up, to be sure, but you also go home with a fair amount of tension and possibly even muscle strain from time to time. Any kind of intense physicality can result in the body feeling stressed

out, and this feeling generally works its way into your mental state and countenance. Fortunately, there is something that can be done to help all of that: massage. Massage therapists will tell you that nothing brings the body back to a state of relaxation like massage.

Having relaxed muscles is about more than feeling good, although

that part certainly doesn't hurt. Muscles that are tense tend to pull on other muscles or ligaments. If left untreated, this can escalate to a problem that is much worse. Tense back muscles can actually pull the spine out of alignment, for example, so you want to be sure that you're keeping your body in good condition, especially if you rely on your body for your day's wages.



## Massage & Cycling A Winning Combination

By Doug Freed

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Whether it's the Tour de France or Ride the Rockies, cyclists -- world-class and otherwise -- are learning the lessons of massage for injury prevention, enhanced performance and faster recovery.

Cycling is a demanding activity, a sport that puts the athlete in stress for prolonged periods, sometimes for several hours at a time. While it is the legs that endure the greatest burden, many muscle groups are involved on a long ride. For these endurance machines, it isn't enough to ride long one day then give the body plenty of time to recover. Often the rider is back on the saddle again the next day for another prolonged ride. The results can range from fatigued to damaged muscle tissues.

World-class cyclists include massage in their daily routines, often traveling with a private massage therapist. Citizen riders in races and tours across the country have available to them massage therapists. Colorado's Ride the Rockies tour, one of America's most popular multi-day rides, provides more than 20 massage therapists to help cyclists through the difficult stages of riding through the Rocky Mountains.

Benefits of massage don't end with road races and tours. Mountain bike enthusiasts will net the same positive results as will a variety of other athletes. Massage tents at cycling events are commonplace, but don't be surprised if you're helicopter or snowcat skiing in Canada to see exhausted skiers returning to the lodge and clamoring for an evening massage. It improves performance for any athlete and that translates to a safer and more enjoyable outing.

## Back to Basics: Understanding Back Pain

Back pain costs society up to \$100 billion a year in health care utilization, workers' compensation, etc., but little understanding of the causes and potential solutions of back pain.

Back pain is not due to one and only one cause. It can be caused by a multitude of things involving bones, muscles, nerves, or even psychological factors. The priority for medical professionals used to be to find out what was wrong, where the pain was coming from, and then address the part of the body that needed addressing. But this is actually the wrong way to look at back pain.

Let's divide low back pain into two different conditions and discuss the general facts about how to deal with each one.

**Acute low back pain:** This can

range from pain that is present for several minutes to several days. Lying in bed or waiting it out is the worst thing you can do. Early intervention is best. Avoid bed rest as much as possible-- it can actually waste away your muscles. Early exercise will help ensure that your muscles and bones will continue to move to prevent stiffness and pain.

**Chronic back pain:** This is pain that has been persistent for more than three months. Begin an exercise program to increase strength and endurance. The body has a wonderful ability to get stronger when exercise stresses are placed on it. Endurance exercises are the key to gradually work your back into shape. It's also important to exercise your whole body, not just your back. Having strong legs will help you get up

easier. Having a strong upper back and arms will allow you to carry things easier. By Dr. Jasper Sidhu



90% of people with low back pain will recover in 4-6 weeks. Spinal manipulation is consistently recommended for dealing with acute low back pain.