



The London Massage Company

Newsletter 05

Hello there and welcome to edition Number 5. We hope you're all keeping well and warm as the cold weather approaches.

You may remember the write-up that we featured in our 3rd Newsletter about Jane's Massage-a-thon to raise money for Cross Cultural Solutions. The day was a great success and raised over £700, so thank you again to all who took part.

Ordinarily in this issue we would be bringing you Jane's

report on her her Cross Cultural Solutions trip out to Rabat in Morocco, but unfortunately Jane suffered a fractured knee (after making contact with a large and fast on-coming dog) so had to postpone her trip. She's flying out in December so we'll have the story for you in the new year.

We also bring you The London Massage Company Musculoskeletal Christmas Quiz! (see page 5)

We have 6 Stretching videos to give away to the winner -

Welcome!

What's up?

- // Cross Cultural Solutions up-date
- // Ones to watch
- // Massage - How to self-treat
- // Christmas Quiz
- // Other stuff

The names of the highest scorers will be put into a hat and the winner picked out in the New Year. If you want to tell others about it then either pass on the newsletter or point them to our website.

You can email us your answers or pop them in the post (33 Elaine Grove, London, NW5 4QH) but don't forget to tell us who you are and how we can contact you. Answers in before January 4th 2008.

Ones to Watch: More For your CPDs

// **Networking For Therapists.** It's not WHAT you know, it's WHO you know! So come and meet others who can help you, and who you can help too. Tuesday, 27 November, Amadeus Centre, London. The group meets once a month so if you miss it this time round you'll catch them again. To sign-up and find out more visit www.networking4therapists.com

// **Functional Facial Taping**, 23rd-24th November - Greenock, Scotland - Contact info@physiouk.co.uk

// **Optimising Soft Tissue Repair using Manual Therapy, Electrotherapy and Exercise**, 24th November, Leicester General Hospital, again contact info@physiouk.co.uk

// **Osteopathic Techniques for Manual Therapists** – 3 day series. Sun 2nd Dec, Sun 24th Feb 2008, Sun 6th Apr 2008 - Newham Hospital, again info@physiouk.co.uk for more details

Here are some more CPD ideas:

// Encouraging the development of others - Giving a talk at a conference, writing a book review.

// Active Committee work for a professional body related to your work, helping at a conference.

// Personal/Professional Development - Time and space given for personal reflection, talking with another professional to gain some insight, attending a sports event and offering massage.

// Journals and I.T - Reading professional journals, use of internet to access professional information related to work/clients, making a website.

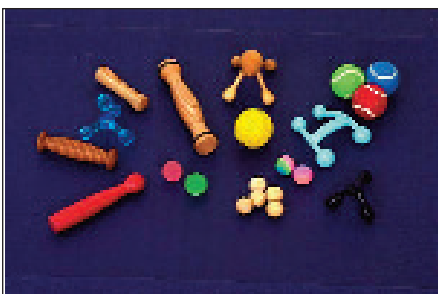
As therapists we feel aches and pains no matter how much we check our stance and posture or use hands free techniques and tools.

With the best intentions in the world that massage that you've promised yourself never seems to materialise or the massage swap never happens because you're both busy therapists.

We've put together some tips and tricks to make life as physical therapist easier. We're going to focus on tools rather than stretching.

So why use tools? Tools are a great way to save your hands and apply some really nice deep pressure.

There's all sorts of tools out there on the market, and as we'll demonstrate here, you



don't need to spend a fortune on them. You might find exactly what you need in your kitchen draw or your kid's play box. All it takes is a little imagination.

Hands and forearms

Although many of us use hands-free techniques, you can't always avoid using your hand. After a day of massage I have my warm wheat-bag at hand. The heat soothes the aching and helps to re-juvenate the tissue by bringing new blood supply to the area.

Due to the gripping action of some techniques you may experience very tight wrist flexors. Again you can apply heat, not only bringing new blood to the area but to warm up the tissue enabling you to work deeper. For example using a foot roller on your forearms. (As pictured on the left)

Place the roller on your couch or table and when you're sitting comfortably, very slowly roll your forearm over the roller. The slower you go the deeper you get but always stay within your pain-free range. You're replicating the technique called 'stripping', a slow deep technique working individual muscle fibres. If you haven't got a foot roller then you can use a rolling pin!

Also for those of you that know how to apply the Soft Tissue Release technique, this is an easy and great technique to use on yourself, whether you're relaxing on your sofa or going home on the bus.

The Back and neck

A classic area of tension whether you're a therapist or not is the back and neck. You can stretch out your back extensors that have been keeping you upright all day by using a back stretcher.

Or if you haven't got a back stretcher simply use a large cushion or a few smaller ones to get the same effect of elongation.



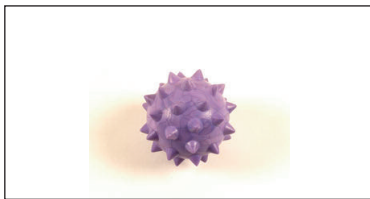
How about your shoulders? The majority of the population have 'hunched' or 'rounded' shoulders - a Kyphotic posture. If you're kyphotic one of the muscles that will be tight are your pectorals as they have to contend with protracted shoulders.

A great way to stretch out these muscles is to lay on your back with a rolled up towel between you and the floor. The towel needs to follow the length of the spine. Lie like this for a few minutes (like the yoga relaxation pose) and your shoulders automatically retract as your pectorals lengthen. Studies show that even with 3 minutes of static stretching a day there can be a significant improvement in posture.



And your lumbar spine? I have a weak quadratus lumborum (QL) and at the end of a massage-packed day I really need to release the tension across my iliac crest and no amount of stretching will help. I use a few tools for this area and all bring me the relief I need.

1.) A 'spikey ball'. This is great for bit of self massage. I either place the ball between me and the wall and roll away, or lie on the ball with it placed under my QL. If you haven't got a 'spikey ball' a tennis ball will do equally as well. It's great across tight trapezius too.



2.) The 'high-bounce' ball. You can buy these rubber balls in kids shops and are the perfect size and durability for administering static pressures. Again I use this on my iliac crest, placing the ball between me and the floor, resting for 2 to 3 minutes on strategic points. But how about resting it under occiput for a few minutes to help your traps and neck extensors?

Tight hip flexors can also contribute to lumbar pain. Because rectus femoris and tensor fascia latae (TFL) insert on the pelvis, when they become tight they can tilt the

pelvis anteriorly contributing to lumbar lordosis and stiffness. Psoas also contributes to lordosis because when it gets tight it pulls anteriorly on the lumbar spine, again where it originates. So using the 'high-bounce' ball and placing it between me and the floor, I lie with TFL on the ball and stay in that position for 2 or 3 minutes.

To get to rectus femoris I use the rolling pin, placed lengthways between me and the wall and I just lean in for a few minutes.

Psoas is slightly more tricky, but if you lay on your side with your hip exposed you can take the high-bounce ball and press it into psoas or use the head of the rolling pin if it's small enough.

Lower limb and feet

Due to the wide stance we adopt when massaging we can often suffer from tight quads. The 'high-bounce' ball comes to the rescue.



You can use the same static technique on calves or even hamstrings.

And finally we end up at the feet. I massage in bare feet and my treatment room happens to be tiled so not very forgiving on the feet. Holding my legs in the air helped a little but there was still unnecessary pressure with my heel resting on the wall. So in comes the 'spikey-ball', tennis ball, the foot roller, the rolling pin and the 'high-bounce' ball. All of the above rolled under the foot can relax the plantar fascia bringing pain relief and in turn take pressure off tight calves. You can even roll your foot on a can of baked beans!



As well as using the techniques to self-treat, perhaps you can give some of these tips to help your clients in between massages.

Happy massaging!

Zoë Fitzpatrick

If you have any tips to share then please be in touch.

Job Opportunity

Greetings from Sharon Hoyland!

Saharon says, "Following my move from London to the North, there are openings for a sports massage therapist in Fulham Physio

www.physio-clinics.co.uk which is based in Parsons Green (District Line). I have been working two evenings a week from 5-8pm but the hours could change to suit you. The clinic itself has 8 physios, 4 manipulative and 4 rehab. The physios are great fun to work with and I've learnt so much from them as they are happy to answer any questions that you've got. There are other branches around London as you can see from the website and there is a real sense of community among them all.

If this sounds like your kind of thing or you have any questions then please contact me on

Tel: 07810 005033 or sharon_hoyland@hotmail.co.uk

I also work as a sports massage therapist for a rugby team called Kilburn Cosmos www.kilburncosmos.co.uk so they are also looking for 1 or maybe 2 therapists. They have 3 teams, 2 mens and 1 womens so whoever takes over will be kept busy. A lot of the players need massage during the week before/after the

games and then also on a Saturday before the game. You don't necessarily need to have strapping and taping experience but if you want to increase your knowledge then the guys are more than happy to be guinea pigs.

The players are mostly Kiwis with a few Aussies, Saffas, French and English thrown in. It's also a very very social team and will make you feel more than welcome and part of the team very quickly.

Again, let me know via phone/text as shown before"

Volunteering Opportunity

This was bought to our attention by Val Spiers, so we hope that it will inspire some of you to do something elae this Christmas.

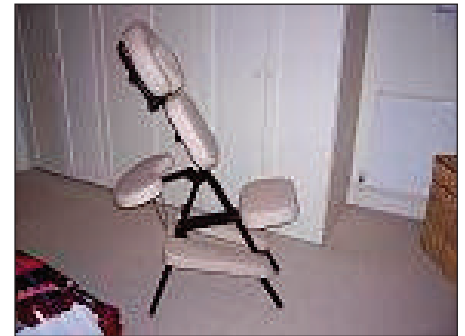
Crisis Open Christmas offer the homeless a whole range of therapies over the Christmas period, including Massage, Reflexology, Dentistry etc etc.

They are especially looking for Massage Therapist volunteers, who need to commit to two shifts over the Christmas period. For more information visit

www.crisis.org.uk/volunteering
Tel: 020 7426 3872

Massage Chair for sale

If you're interested in the massage chair below, hardly used, going for £100 - please be in touch with us and we'll pass your details on to the owner and she'll be intouch with you directly.



Hall of Fab things:

- 1.) Doing what we're doing.
- 2.) Eating the most enourmous araignée (spider) crabs on the square in Essourira (South West Morroco) If you like your sea food and you're into crabs then these babys are it!



We'll be in touch before Christmas so in the mean time keep well and enjoy all that you do.

Take care.

Jane & Zoë

Musculoskeletal Christmas Quiz 2007

- 1) In adhesive capsulitis (frozen shoulder) the main problem is joint laxity. True or false?
- 2) Synovial fluid is thixotropic. What does that mean?
- 3) There is a ligament on the head of the femur, in the very centre. To which structure does this ligament attach?
- 4) Which condyle of the tibia is larger, the medial or lateral?
- 5) Mark which of the following is an overuse injury:
adhesive capsulitis (frozen shoulder)
subacromial/subdeltoid bursitis
deltoid strain
rotator cuff strain
clavicle fracture
humeral fracture
acromioclavicular ligament sprain
humeral dislocation
supraspinatus tendinosis
- 6) What are the name of the ligaments within the knee capsule itself?
- 7) What is the name of bone cells that 'build' new bone?
- 8) What are the actions of the psoas muscle?
- 9) Which anterior leg muscle has an exceptionally long tendon and dorsiflexes and inverts the foot?
- 10) To which bones do scalenes anterior attach?
- 11) Why is the jaw unlike other synovial joints?
- 12) We number the metacarpals 1-5. What number is the thumb, 1 or 5?
- 13) What sort of joint is the proximal tib/fib joint?
- 14) What sort of joint is the distal tib/fib joint?
- 15) Which bicipital tendon runs in the bicipital groove, the long or the short head?
- 16) Not everyone has palmaris longus. Where is this muscle?
- 17) The flexor retinaculum on the wrist binds the tendons of which muscles?
- 18) Which muscles flexes the tips of the fingers, flexor digitorum profundus or flexor digitorum superficialis?
- 19) What are the bones of the fingers called?
- 20) What type of synovial joint are knuckles, that is, the metacarpo-phalangeal joints, (not the inter-phalangeal joints).
- 21) Cryotherapy and thermotherapy, what does R.I.C.E stand for? For a bonus point, when P & R are added to the acronym (P.R.I.C.E.R) what does the "P" stand for and what does the last "R" stand for?
- 22) Which bone is accessed by pressing into the 'anatomical snuff box'?
- 23) What does pectineus do?
- 24) To which structure does piriformis insert?
- 25) What might give rise to a Trendelenberg gait?
- 26) One of the hamstrings arises from close to the linea aspera. Which one?
- 27) In which compartment in the leg are dorsiflexors found?
- 28) In what way, anatomically and physiologically, is peroneus longus different from peroneus brevis?
- 29) What is an interosseous membrane ?
- 30) Cite two places in the body where you would find an interosseous membrane?
- 31) What are the common names for Lateral epicondylitis and medial epicondylitis and which is which?

Send your answers in before 4th January 2008.
Good luck!