



The London Massage Company

Newsletter 13

In the last edition we were rallying troops to juice it in January with a detox to kick start the year. Whilst we know some of you got juicing and luvved it, ours was a slightly more sluggish start due to the late delivery of fruit and veg promptly followed by desert trekking - not a place conducive to juicing! So we're starting the year all over again and getting the detox going this month. Bring on the sparkling eyes, clear skin and skinny jeans!

Technical Tasks Made Fun

One of my favourite books is a tiny palm-sized paperback with a faded cover and rusted staples.

It's called Joint Motion: method of measuring and recording, published 1965. I bought this super little book many years ago from a second hand bookseller in Australia who posted it to me for a dollar. I have used it many times. Sadly it has been unavailable for many years for those wishing to acquire their own edition, with second-hand copies selling for up to £90. The good news however, is that I have recently been sent a brand spanking new edition for review by the authors, the American Academy of Orthopedic Surgeons. It has been retitled "*The Clinical Measurement of*

Joint Motion" and still contains those wonderfully clear diagrams, with straightforward text explaining how to measure ranges of motion at different joints, expanded to include up-to-date references. Those of you not lucky enough to have attended our Joint Assessment workshop in February may be pleased to know that this workshop is running again in 2010 and we will again be having fun testing our fabulous flexion, adorable adduction and rollicking rotation, to name but a few. Technical tasks made fun. Thats us.

Welcome!

What's up?

- // Fabulously Fruity February
- // Technical Tasks Made Fun
- // Things we think you'd like
- // Kettlebells
- // A Therapist in Egypt

Things we think you'd like

// The Complementary Therapist Advice Forum meets monthly to share tips and information and to discuss problems we have encountered as complementary therapists, dealing with everything from managing your clients to business strategies. When? The last Friday of each month – Feb 27, Mar 27, Apr 24, May 29, etc Venue: Alchemy Centre, Unit 101, Stables Market, Chalk Farm Road, NW1 8AH, 1pm - 3pm. For more details contact Kathryn Reynolds, www.hawthorncove.org Tel: 07976 739286

// Watch out for Jane's articles on Comparative Stretching, Neurodynamics and also Cryostretch to be published in the next editions of Sports Injury Bulletin. If you don't subscribe to the publication then you'll see them in the future on our webpage dedicated to CPDs.

// Massage in Pregnancy, Labour and Post Partum with Vital Touch School of Bodywork, APNT accredited Module 1: May 16th/17th, Module 2: June 20th/21st. A 4 day course for massage therapists and aromatherapists – designed to boost skills and confidence for anyone wishing to expand their client base into this specialist area. Venue: Devon. For more info - www.vitaltouch.com or contact Katie Whitehouse directly: 01364 644781 or katie@vitaltouch.com

// Crisis are looking for volunteers to help out the Crisis London Marathon Team on Sunday April 26th, from approx 11am until 6pm. Contact patrick.browne@crisis.org.uk or call 020 7426 3852.

// Know Your Neuroanatomy with The College of Bodyscience, Thurs 26 - Fri 27 March. For more details visit www.collegeofbodyscience.com

// Athletes' Angels provide therapists with the opportunity to work at sporting and endurance events throughout the UK and beyond. For more details check out www.athletesangels.com

// CPD's at the British School of Osteopathy - www.bso.ac.uk/cpd - Gayda 020 7089 5315, g.arnold@bso.ac.uk
Sports Injuries and Rehabilitation, 21st March 2009
Psychological Management of People in Pain, 4 day course - 25th April, 9th May, 20th June, 11th July

What are Kettlebells?

The kettlebell or gilya is a traditional Russian cast iron weight looking somewhat like a cannonball with a handle. The kettlebell has become a popular exercise tool in the United States and now they have hit the UK's fitness industry. Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements.

What are the benefits of Kettlebells?

Acceleration and Deceleration.

When kettlebell training it is important to know that it helps create elastic potential. This is because due to the nature of the tissues in muscles elastic potential occurs. This is seen when doing ballistic movements when doing kettlebell swings. Stored elastic energy is present in the concentric phase of the movement. Another example is seen, by stretching a rubber band or compressing a spring, energy is stored in the band or spring. By releasing the stretched band or compressed spring, the elastic potential energy is converted to kinetic (motion) energy. This is seen in sport where athletes jump or even in martial arts where elastic potential is required to throw an opponent to the ground.

The Posterior Chain

Unlike dumbbell training, Kettlebells helps train the muscles that you don't see when walking away from the mirror - this is known as the posterior chain. The posterior chain is a group of muscles in the lower body that are important in force development for explosive

movements like jumping and sprinting. The muscles that fall into the posterior chain are:

- hamstrings (semimembranosus, semitendinosus, biceps femoris),
- calf muscles (gastrocnemius and soleus)
- buttocks (gluteus medius and gluteus maximus)
- erector spinae group

The primary exercises for developing the posterior chain are swings and deadlifts - the common denominator among these movements is an emphasis on hip extension. So when doing kettlebell swings, you help strengthen the core and lumbar spine and therefore kettlebell training is useful as a back rehabilitation tool. Hip extension is important when training as the system keeps the lower body isometrically in place whilst doing upper body exercises and it helps you concentrically due to the power needed for lifting a kettlebell. When doing Kettlebell moves like swings, it is important to understand hip extension and also to understand that there are 3 parts of the extension:-

1. Hip
2. Knee
3. Ankle

The muscles used when taking the hips into extended are:

- Gluteus maximus
- Gluteus medius
- Semitendinosus
- Semimembranosus
- Biceps femoris

The muscles used when taking the knee into extended are:

- Rectus femoris
- Vastus medialis
- Vastus intermedius
- Tensor fascia latae

The muscles used when the ankle is extended are:

- Gastrocnemius
- Soleus
- Fibulari brevis (originally peroneals)
- Fibulari longus
- Flexor hallucis longus
- Flexor digitorum longus

Full Range of Movement

When kettlebell training don't be scared to go through full range of movement as our bodies are designed to do this and won't be damaged as they are protected and surrounded by ligaments and tendons. Even so, one of the benefits of kettlebell training is that they allow you to go through full range of movement which promotes flexibility. So when exercising and we adduct and abduct our arms or legs or flex and extend our torso the joint is protected and equally balanced to allow for the correct movement.

Engage Your Core On Every Exercise

Again unlike most traditional exercises, Kettlebell training will help you recruit your core musculature. Unlike a dumbbell or barbell, the Kettlebell's centre of mass is offset from the handle. This means the weight constantly pulls against your hand and requires not only strength and co-ordination when exercising with it, but also the recruitment of other muscles through your arms, shoulders and core stabiliser muscles. So when the deep trunk muscles, ie. transversus abdominis (TA), multifidus (MF), internal obliques (IO), paraspinal and pelvic floor, are activated when swinging the kettlebell, they provide an active support of the lumbar spine. The co-contraction of these muscles produce forces via the "thoracolumbar fascia" (TLF) and the "intra-abdominal pressure" (IAP) mechanism which stabilise the lumbar spine, and



**Kettlebell Training, cont...
& Inspiration from afar...
A Therapist in Egypt, by Sharon McMillan**

the paraspinal and MF muscles act directly to resist the forces acting on the lumbar spine. It is not just the recruitment of these deep-trunk muscles, but how they are recruited that is important. Hodges and Richardson (1996) showed that the co-contraction of the TA and MF muscles occurred prior to any movement of the limbs. This suggests that these muscles anticipate dynamic forces that may act on the lumbar spine and stabilise the area prior to any movement. Hodges and Richardson showed that the timing of co-ordination of these muscles was very significant. Anyone can benefit from a regular kettlebell workout- from those who just want to be fit and healthy or for those who want to reduce injury and move more efficiently for everyday living. A kettlebell workout will develop your all-important body core stabiliser muscles that help your trunk to become strong and therefore attribute to prevention of lower back pain and help you train the whole kinetic chain!

Jamie Lloyd
For more information visit -
www.russiankettlebellsuk.com

A Therapist in Egypt

I lived in Egypt in a small Bedouin Village (Dahab) for 7 years working as a scuba diving instructor, which was the most amazing job ever. I not only taught diving, but also after noticing that the village lacked any form of therapist, I returned to the UK and quickly learnt to be a sport massage therapist and on coming home to Egypt, I opened up a clinic. At first, I was nervous about the clinic not doing well, but before I knew it, I was

working with the local GP and the Hyperbaric Chamber doctors. I had various injuries from windsurfer's shoulders and divers' bad backs to the common pulled muscle to treat. I also offered general massage for tourists and locals alike.

The Bedouin people are very friendly and want to learn various languages and constantly offering "chai" sweet tea –hence there black teeth. Living in a community of Bedouins you become a local, which is very rewarding. You are welcomed into their homes and offered food and tea and soon become friends.

Bedouins found working with tourists strutting around in bikinis an interesting and embarrassing aspect of life. The Bedouins believe the foreigners are not respectful of themselves walking around half-naked, but simultaneously they are regarded as friends because business is brought to the village and jobs are created.

As I considered myself part of the local community, I offered treatment for the Bedouins. Working with them was initially tricky – language was a barrier at first. Getting them to come to the clinic was also difficult, but eventually by going to their homes first and then getting them to come to me, I was able to overcome that hurdle.

When treating our patients we expect them to undress to a degree so that we are able to work directly on the skin, but with the Bedouins being Muslim, removal of clothing was a big issue. Thankfully, being a woman working with another woman was

not difficult and the Bedouin woman did not need to get consent from her husband to go to my clinic, but would always be accompanied by another woman sitting in the room. I had to offer the women a solution with the clothing issue, by allowing them to keep their leggings on and a loose top. One issue that I had to get across to the Bedouins was that they had to clean themselves. Being nomadic, they live in the same clothing every day and do not wash themselves everyday as Europeans do, so the health issues were much neglected.

Working with men was a little bit trickier as they were not shy to expose themselves and sometimes a bit too much, so yet again, it had to be explained very clearly that the services of massage was not pleasurable but treatment.

At the end of it all, I can say that working with the Bedouins was a great pleasure. I learned a lot from them. No matter what language or religion, there are always ways around difficult hurdles. Keep persevering and keep positive. I am now currently studying Osteopathy and when I complete my course, I will go back to Egypt to pick up again where I left off.

Sharon McMillan

If you have an inspiring account or want to share your success then be in touch, we love hearing from you.

Jane & Zoë

P.S - A must read this month, 'A Million Little Pieces', James Frey. Hold onto your seats!