

Massage Therapy SELF-CARE Newsletter

B U S I N E S S O F M A S S A G E C L A S S , W I N T E R , 2 0 1 0
G L O B E U N I V E R S I T Y - W O O D B U R Y , M N C A M P U S

BENEFITS OF MASSAGE

BY: KATLA RICHARDSON

There are many positive benefits of massage for our health and well being. What exactly are the benefits of receiving massage?

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Stimulates the flow of lymph, the body's natural defense system, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.
- Increased circulation of blood and lymph systems improves the condition of the body's largest organ – the skin.
- Relaxes and softens injured and overused muscles.
- Reduces spasms, cramping and increases joint flexibility.
- Reduces recovery time, helps prepare for strenuous workouts and eliminates subsequent pains of the athlete at any level.
- Releases endorphins – the body's natural painkiller – and is being used in chronic illness, injury, and recovery

from surgery to control and relieve pain.

- Reduces post – surgery adhesions and edema and can be used to reduce and realign scar tissue after healing had occurred.
- Improves range – of – motion and decrease discomfort for patients with low back pain.
- Relieves pain for migraine sufferers and decrease the need for medication.
- Provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range – of – motion.
- Assists with shorter labor for expectant mothers, as well as less need for medication, less depression and anxiety, and shorter hospital stays.

As massage therapists, burnout can happen too. Here are a few tips to keep in mind.

- Use weight of your whole body, not just your arms and shoulders.
- Warm up your body before you get started

- Use body mechanic principles as well as stools and chairs that work for your body.

- Keep the massage table at a comfortable height for your proper body mechanics. Fingertips should reach the top of table when hanging at your side.

- Your feet should follow the direction of force you are using.

- When a technique compromises your health, choose another way.

- Schedule breaks, vary your activities, and limit your massage hours to what your body tells you it can handle.

- Use ice baths for your hands between massages.

- Receiving a massage on a regular basis. It helps your body and your attitude. It can relieve stress and recharge your batteries.

Work cited:

<http://www.massagetherapy.com>

Business of Massage Book, P. 90

SPECIAL POINTS OF INTEREST:

- Benefits of Massage
- Nutrition for Massage Therapists.
- Personal Hygiene
- Professionalism for Massage Therapists
- Client Communication
- Protecting yourself while performing energy work
- Instructional Videos
 - Stretching
 - Do's & Don'ts of Massage
 - Table Set Up

NUTRITION FOR MASSAGE THERAPISTS

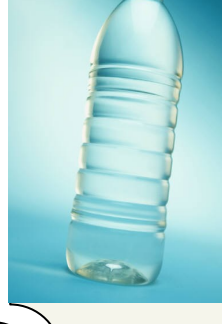
BY: DESIRE SINGER

After a massage you may notice the therapist tells you to drink water. It is important to follow your own instructions, by drinking water yourself. This is because water hydrates your body, and loosens up tight restricted muscles. It also helps the body with nausea. The average

healthy adult consumes 60% of their body weight of water per day, which is stated by the Mayo Clinic. It is said that if you eat a lot of fruits, and vegetables that is equivalent to four cups of water, but you should still drink water. For every alcoholic or caffeinated beverage you should drink half a cup of water,

this balances out. If you wait until your body says its thirsty, you are already dehydrated. With this said you should cut back on caffeine drinks and substitute them for good old fashion H2O.

Work Cited:



LIFE EXPECTANCY

BY: JANET RICHARDS, INSTRUCTOR

How long does a massage therapist live? The average life expectancy of a massage therapist is 10-12 years! Yet I know many massage therapists that make it 20-30 years. They have a secret...they take care of themselves.

We all need to realize how important it is to take care of ourselves; to "walk the talk" so to speak. What we eat, how we relax, the amount of bodywork we get for ourselves, all add up to making us effective massage therapists. If we are telling our clients to do this, we need to do it as well.

The Business Class has devoted their Service Learning Project to making a newsletter about Self-Care. They have started something that I hope continues on with future Business Classes or through the Massage Clubs.

As Instructor of this wonderful class, I offer up many thanks to the following committees and their members for doing a great job:

Articles Committee:

Cody Schneipp*, Jovan Carmichael, Kayla Richardson, Greg Schlee and Desire' Singer

Layout/Editing Committee: Zahra Thobani*, Amanda Anderson, Katie Flipp, Racheal Janusch

Videos Committee:

Tyler Hutchins*, Debora Born, Angela Davis, Leah Glodowski, Jessica Moran

PERSONAL HYGIENE

BY: JOVAN CARMICHAEL

When giving a massage, there are various things you need to remember when it comes to hygiene. Make sure that if you smoke, you do not take smoke breaks before or in between sessions. This can cause the client to cough, sneeze or even feel sick. You may think that if you spray perfume or cologne, they won't be able to smell it. This may be true, but at the same time, the smell can also cause the client to sneeze or have a headache. Changing your clothes, scrubbing your hands and using breath freshener might be an option as well. Keeping your nails short is also something to remember. Having long or acrylic nails can scratch the client, and also keep dirt trapped underneath the nails. This can cause more infections to spread.

Also make sure you don't have any type of body odor or bad breath. With this said, even if your breath is bad DON'T chew gum! This can cause the client and yourself to be distracted, and you won't have a good flow to your massage.

Personal hygiene for massage therapists is very important, because you are working close

to your clients. Some people are very sensitive to smells, so you want to make sure you shower and use unscented products. Some important things to remember are:

- Deodorant
- Fresh breath
- Unscented lotion
- Clean hair
- Clean uniform

Seeing as we all have our habits of wanting to smell good, and wearing our favorite perfume/cologne, you need to take into consideration that your favorite fragrance might not be appealing to your clients. You should always make sure if you're going to take a break and consume a meal, to keep the following in mind:

- Wash your hands right after
- Keep your food in a different room
- Avoid eating right before your client is expected (your tummy will give you away!)

PROFESSIONALISM FOR MASSAGE THERAPISTS

BY: ZAHRA C. THOBANI

our clients.

We pay attention to them, we're sensitive to their vulnerability.

Being professional is just an educated way of being kind".

-Nina McIntosh

In the field of Massage Therapy, it is important to always keep a professional demeanor with all clients. It not just how you communicate with them but also other things, such as:

- **Keeping your agreements.**
- **Being true to your principles.**
- **Being true to yourself.**

Remember that keeping high standards of actions with your clients, result in both ethical and professional behavior.

If you ever feel that a session has turned inappropriate, you should end it immediately, always trust your instincts.

Sometimes you may be wrong, but remember that it is always better to be safe than sorry.

because even if you don't mean to, you may make your client uncomfortable.

It is also key to keep your message space a professional environment. Many of us may give massages to friends,

family, & significant others, but even while doing so, you should treat each individual as if they were a client and not someone whom you have a close relationship to. With that said, any sexual behavior should be avoided (even with a significant other), because it does give your message space a sexual vibe.

Always Remember:

Professionalism isn't measured by how many clients you see or how much money you earn but rather by who you are, your attitude and how you treat others.

Work Cited:

Business of Massage Book

CLIENT COMMUNICATION

BY: GREGORY SCHLEE

As we study to become Massage Therapists, we are confronted with a variety of new and unusual terms and phrases. Levator Scapulae, Sternocleidomastoid, and Myofascial Release just to name a few.

What do they all mean? Confusion and uncertainty abound as these new terms come at us like waves on the beach. As we learn them, we become more comfortable and even take some pride in sharing our new found vocabulary with our classmates. Imagine then, how our clients must feel when they hear these same terms.

Globe University has provided us with some definitions for the techniques we will learn. For example: MYOFASCIAL RELEASE- "This modality uses skills and knowledge necessary to manipulate connective tissue by using certain techniques such as friction: gross-hand stretches and vertical stretches to loosen

the connective tissue in our body. When the tissue is loosened, we are able to help relax the body's tissue to a much deeper level, but in a gentle and non-invasive way". Sounds pretty good to me now, but 6 months ago I would not have had a clue as to what any of that means.

As we are learning, the key to a successful career as a Massage Therapist requires that we know and understand what terms mean. Now as we venture out into the "real world" to work in our chosen field, there are so many things to remember. So what will set us apart from the crowd? The ability to communicate this information in a manner that our clients will understand and feel comfortable with. Of course, "LISTENING" is a huge component in the communication process. The ability to "HEAR" what is being said to us, by that busy

Mom that complains of that "spot right back there", or the weekend warrior that just "tweaked" something in their back, while cleaning out the garage. How we interpret what they are saying, makes us more effective in our ability to assess what they need for treatment today, and in the future. If we take the time to listen to them and work with them to map out a plan, we have created the possibility of an effective treatment, and the beginning of a long term client. That is what we should all strive to accomplish.



"As we are learning, the key to a successful career as a Massage Therapist requires that we know and understand what terms mean".

~Greg Schlee

INSTRUCTIONAL VIDEOS

BY: TYLER HUTCHINGS, DEBBORAH JESSE MORGAN, ANGELA DAVIS, & LEAH GLODOWSKI



There are three instructional videos that you can click on for stretching, the do's and don'ts of massage, and table set up.

Each video will show you step by step, how to do each action.

Please visit the following link for the **Stretching Video:**

<http://www.youtube.com/watch?v=r0rttTXhki0>

Please visit the following link for the **Do's and Don'ts of Massage:**

<http://www.youtube.com/watch?v=tuntNUEKagb>

Please visit the following link for the **Table Set Up Video:**

<http://www.youtube.com/watch?v=iUBlhCAei0>





PROTECTING YOURSELF WHILE PERFORMING ENERGY WORK

BY: CODY SCHNIEPP

There is an on-going trend in the massage therapy field that involves energy work. The field of energy work is a vast and overlapping variety of techniques. All energy work techniques have similar protocol, and protective measure. These techniques include zero-balancing, healing touch, Reiki, Meridian work, Zen lines, and chakras. All of these have similar grounding and shielding methods. All of the methods have similar rules about when and how to perform energy work. These include not performing on a client without their permission, and always insuring that your intentions are good.

- **Zero-balancing:**

Zero-balancing is the realignment of a person's energy field with their physical body. This work focuses on fixing the whole body, not a specific issue. The idea is that once the body's energy is working properly then the body will heal itself. (The Zero Balancing Health Association)

- **Reiki:**

Reiki is the art of attuning with the universal energy, and allowing it to flow through you. You use this energy to heal others or yourself. There are symbols that one learns to help them channel the energy. (Stein 8-9)

- **Healing touch:**

Healing touch is basically a massage on a person's energy field. A therapist uses their hands to smooth out, and fix a clients energy field. (Eden 35)

- **Chakras:**

Chakras are part of energy that run down the front of the body. There are seven different Chakras, and each pertains to specific organs and glands. Dysfunction of a Chakra can cause imbalance in personality and the body. They can be clogged with negative energy, and with the use of energy work, they can become unclogged. (Eden 147-186)

- **Zen lines and Meridians:**

Zen lines and Meridians are energy pathways that flow through the body. They run through specific organs and body parts. If there is a blockage in the flow, we can clear them out to

allow proper function of the body. (Eden 109-146)

- **Grounding:**

This is the method of attuning with the earth's energy, before and after doing energy work. This helps fix your energy, and remove your stress from the session. (Stein 17)

- **Shielding:**

This is the method having a barrier around yourself that protects you from negative energy from your clients. This also sets aside your own negative energy, so that it does not effect your client. (Stein 17)

With all forms of energy work, you should always try to protect your reputation. Some of your client's will have strong personal and religious opinions about energy work. It is important to respect your client's opinions, and not inadvertently insult them. Don't try and force your client's to allow you to do energy work, or do it on them without talking to them about it first.

Works Cited

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Stein, Diane. *Essential Reiki*. Berkeley, California: Crossing Press, 1995.

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