## Body Sense spring 2016 massage, bodywork & healthy living

## **Movement Therapies**

Strengthen Your Body and Accentuate Your Healing

#### Massage

Your Gateway to Body Awareness

#### **Tipping**

What Do Therapists Expect? What Should You Do?

#### PLUS

Reiki's effectiveness for pain reduction





#### EDITOR'S NOTE

DARREN BUFORD, EDITOR

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Being **body aware** is paramount to ongoing health.

However, numerous times in the past I've ignored the messages about pain my body was sending, only to later suffer the repercussions. Currently, I'm elbow-deep in medial epicondylitis—commonly referred to as golfer's elbow.

This is my second time on this merry-go-round: same condition, different arm. So why did my problem reoccur? As you'll learn from this issue's experienced writers Cindy Williams and Mark Liskey ("Movement Therapies" and "Massage: Your Gateway to Body Awareness"), my



Body Sense Editor Darren Buford

reinjury was a combination of my stubbornness to persist at the activities I love—even though I sensed something was amiss—and the fact that my body was compensating for my injured state.

With knowledge comes understanding, and with understanding comes peace.

Through Cindy's guidance (she's also one of my massage therapists), I'm taking a more balanced approach to my recovery process. Gone are the days when I insisted on powering through or resuming activities before my body was ready. Today, my regimen for healing incorporates a number of health strategies: physical therapy, massage therapy, and movement therapies. Each of these are powerful allies in my fight to get back on track.

Even more important, however, is my newfound self-awareness. I'm attuned to my body, listening, aware of changes, even subtle ones. That attentiveness, brought about specifically by bodywork, is a godsend in learning to appreciate the time it takes to heal.

Cindy writes in her article, "As with anything you wish to master, your participation, dedication, and daily practice are required." To her list, I would add patience and gratitude.

We hope our articles in this issue help you to be more body aware on your own journey. Tune in. Listen. Your body's talking.



## Do you plan to purchase a massage as a gift for someone this year?\*

**53%** 

Absolutely! It's a thoughtful and convenient gift. I give one every year.

22%

Undecided. I don't usually buy gift certificates, but a massage is a great idea!

15%

No. I don't believe in gift certificates, no matter how convenient or thoughtful the gift is.

10%

Probably. I often buy gift certificates as lastminute gifts, and everyone loves a massage.

\*Results from www.massagetherapy.com poll.



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Volume #17, Issue #1, Spring 2016 © 2016 All rights reserved.



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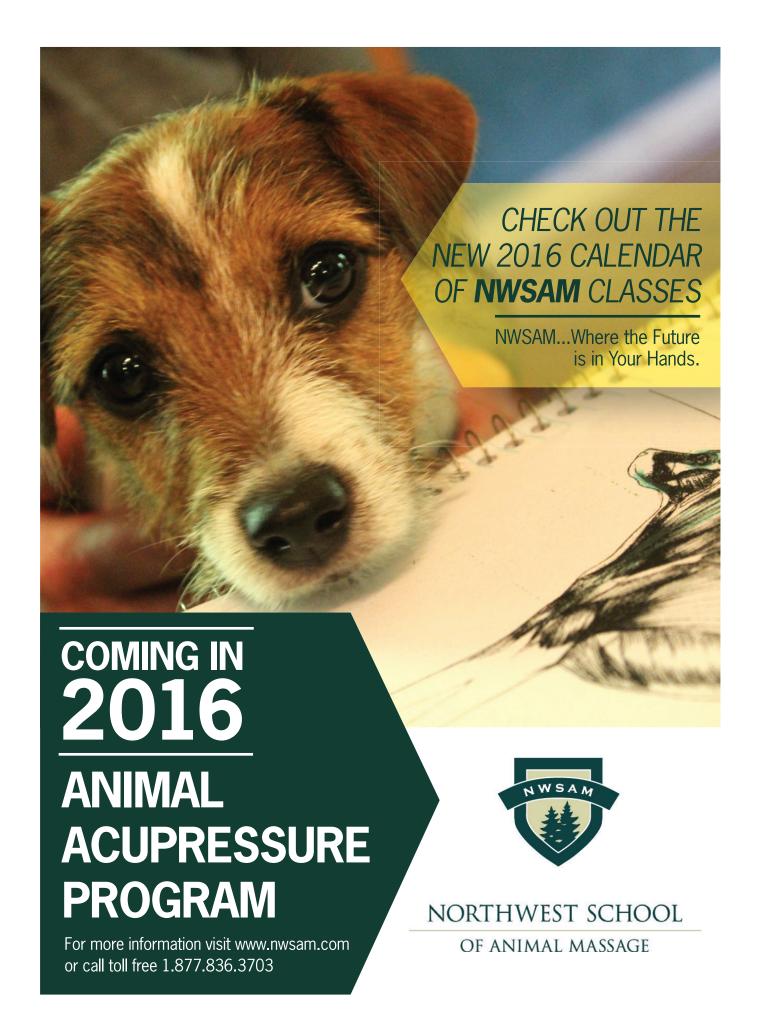
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#### BODY TALK

COMPILED BY BRANDON TWYFORD

#### **New Study** Suggests Reiki's Effectiveness for **Pain Reduction**

In a pilot study published in Nursing that aimed to determine the impact of reiki therapy on pain perception, reiki was shown to have a statistically significant effect on pain reduction.

The study sample included 43 patients undergoing total knee arthoplasty (TKA). All subjects had unilateral TKA at the same hospital and were randomized into reiki and nonreiki groups.

Pain was assessed before and after reiki therapy using a numeric rating scale.

While several study limitations were noted, the findings are promising and provide valid groundwork for future studies.

As a result of the positive feedback from patients and decreased pain ratings following reiki sessions, a reiki program was established at the hospital, and 10 nurses became trained and certified in reiki. Read the abstract at www.ncbi. nlm.nih.gov/pubmed/26760383.

For more information about reiki, read "Reiki and PTSD" in the November/December 2014 issue of Massage & Bodywork magazine at www.massageandbodyworkdigital. com/i/398416-novemberdecember-2014/66.



A new study led by University of Colorado at Boulder researchers found pregnant and postpartum women at risk of depression are less likely to suffer from the condition when they meditate or practice yoga than when they are treated with psychotherapy and antidepressants.

The study focused on pregnant women with histories of depression. Forty-three subjects were randomized to a group that underwent mindfulnessbased cognitive therapy, and 43 subjects were assigned to a conventional treatment group. Only 18 percent of the women in the mindfulness

group experienced depression during pregnancy or after they gave birth, while 50 percent of the women in the conventional treatment group experienced depression.

Lead researcher Sona Dimidjian, associate professor of psychology and neuroscience at the University of Colorado at Boulder, writes, "The choice between antidepressants and having untreated depression is not the only option."

Read more at www.colorado.edu/news/releases/2016/01/11/mindfulness-training-moreeffective-against-postpartum-depression-conventional.

For more information on mindfulness meditation, read "3 Steps to Mindfulness Meditation" in the Autumn 2015 issue of Body Sense magazine at www.bodysensemagazine digital.com/i/574078-autumn-2015/14.

#### **Back Massage Improves Conditions in Family Caregivers**

A randomized controlled trial, published in Asian Pacific Journal of Cancer Prevention, concludes that 44 family caregivers of oncology patients benefitted from 15-minute daily back massage over the period of one week. The caregivers reported improved blood pressure, cortisol levels, heart rates, and

sleep quality, as well as reduced anxiety.

The study concluded that oncology nurses can take advantage of back massage—a nonpharmacologic and easily implemented method—as an independent nursing action to support these caregivers.

Learn more at www.ncbi. nlm.nih.gov/pubmed/26745049.







# True freedom from pain and discomfort can be achieved using movement therapies incorporated with consistent massage sessions.

When movement patterns "turn off" certain muscles and "turn on" others to keep you out of pain, the design of the joint and surrounding supportive tissues is compromised. Eventually, if not addressed, a whole new challenge has replaced the original one.

#### MASSAGE CAN WORK WONDERS, BUT YOU CAN WORK MIRACLES

Every time I get a massage, I ask for additional specific work to my ankle and lower leg, which feels nothing short of scrumptious. There are many benefits to getting massage on my ankle and lower leg, including increased blood flow, softening of hard tissues, awakening of nerve sensation, and releasing of trigger points. For about two days after, the pain in my ankle is greatly reduced. But what hasn't changed is the pattern of how I walk, which I created during the last eight years.

Here's the truth. Unless you are actively involved in unwinding the pattern and returning to the way the body was designed to move in space, you will only heal so much. You will eventually go back to your compensation pattern, unless you are taught how to move differently. You must be involved in retraining your body back to its optimum function utilizing muscles and surrounding tissues as they are designed to work.

#### A SAMPLING OF THERAPIES

So what are movement therapies? Of the many modalities available to choose from, here is a sampling and explanation of a few of the most commonly known. (The following descriptions are taken from the bodywork glossary at www.massagetherapy.com/glossary.)

• **Aston-Patterning** (neurokinetics)—Aston-Patterning is an educational process developed by Judith Aston in 1977 that combines movement coaching, bodywork,

ergonomics, and fitness training. The movement work (neurokinetics) has two divisions. The first part involves instruction in the most efficient way to perform the simple activities of daily living and then progresses to complex activities. The second part teaches the client how to use movement to decrease accumulated tension in the body. The practitioner uses specific assessment methods to create sequences of movement and fitness depending on the movement pattern of the client. The client's current, observable, and palpable condition, as well as history of injury, trauma, scar tissue, and habits are taken into consideration when designing the approach to repatterning. How you do what you do in every movement you create is the baseline of this work.

- Trager Approach—The Trager Approach was developed more than 65 years ago by Milton Trager, MD. Two aspects make up the Trager Approach: one in which the client is passive, and the second in which the client is actively involved. The passive portion is done on a table with the client fully clothed and passively guided through effortless, natural movement in order to find restrictions and bring freedom to locked-up areas. It is a gentle approach and does not induce pain or discomfort. The active portion includes a series of movements you can easily incorporate into your daily life to more deeply root the effects of the table work as well as your own awareness within your body. Essentially, these are designed to empower you in your own healing.
- Feldenkrais Method—This method establishes new connections between the brain and body through movement reeducation. Two formats of instruction are used: awareness through movement and functional integration. In the one-on-one functional integration session, a teacher uses hands-on manipulation to guide the student toward new movement patterns. Awareness through movement classes are group sessions in which the teacher verbally guides students through repatterning. Feldenkrais proposed that nearly our entire spectrum of movement is learned during our first few years of life, but that these movements represent a mere 5 percent of all possibilities available to us. Habituated responses to problem areas in our lives are ingrained in our movement patterns. By retraining the central nervous system through the skeletal system, old patterns are eliminated and replaced with new skills that improve the body's physical, mental, and emotional functioning. In this way, unconscious movement is brought into conscious awareness where it may be used as a tool for opening the human potential.

• Alexander Technique—As with the other movement therapies described above, the Alexander Technique sheds light on the areas within the body that are not moving efficiently and, therefore, require more effort to engage in even the simplest movements in dayto-day life. Each individual is empowered through active participation, awareness, and mindfully chosen movement. The student is taught to sit, stand, and move in wavs that reduce physical stress on the body. Alexander Technique teachers use gentle manual guidance and verbal cues to improve students' posture and movement patterns. A lesson or group class typically involves basic movements such as sitting, standing, walking, bending, reaching, carrying, and lying down. It may also involve more specialized activities such as playing a musical instrument, working at a computer, etc. The teacher's hands-on guidance stresses the adjustment of the head, neck, and torso relationship.

#### NO MATTER WHAT HAPPENS, YOUR **BODY IS ALWAYS RESPONDING**

For every life experience you are involved in, your body has a response. As you read in the various descriptions, compensation patterns are not limited to physical injury, but are also developed from thoughts, attitudes, and beliefs. Any time you experience something impactful, such as physical trauma or ongoing criticism, your body provides a deeper ingrained response. Even when you witness another's trauma, fear that it could happen to you can create a compensation pattern. The reason for this is protection. The sympathetic nervous system (a.k.a. the fight-or-flight mechanism) plays a crucial role in keeping you safe. You might hold your right shoulder up close to your ear and tuck your chin as if shrinking away from a threat. This pattern is as important to recognize as compensating one's gait around a painful broken ankle. It just might be a little more difficult to uncover the origin. Luckily, identifying the origin isn't necessary for you to heal the pattern. Engaging in movement therapies with a trained professional who knows how the body is designed to move will help you illuminate patterns you may not even realize you have.

True freedom from pain and discomfort can be achieved using movement therapies incorporated with consistent massage sessions. The value and benefits of massage alone are far reaching, but this bodywork partnership is very beneficial. As with anything you wish to master, your participation, dedication, and daily practice are required. Consider this an invitation to your freedom! B

Cindy Williams has served the massage profession as a practitioner, school administrator, instructor, curriculum developer, and mentor since 2000. She enjoys the challenge of blending structure with creative flow to provide balance in her classroom, bodywork practice, and life.

#### Resources

Aston Patterning: www.astonkinetics.com Trager Approach: www.trager.com Feldenkrais Method: www.feldenkrais.com Alexander Technique: www.alexandertechnique.com Bodywork Glossary (more than 300 modalities): www.massagetherapy.com/glossary

Practitioners of these movement therapies can be found on each of the websites listed above, along with additional information on the approaches.



## ASK THE EXPERTS



Massage Therapist/Educator, Kristin Coverly, LMT

## O What can I do to make sure I'm getting the

## Q. What can I do to make sure I'm getting the most out of my massage session?

**A.** Tell your massage therapist what you need! Any information you share with your therapist about how your body feels today—and since your last appointment—helps make your session better. Take the time to perform a mental body scan the day of your appointment. Where do you feel pain or tension?

Tell your massage therapist everything you're feeling—even if you think it's insignificant—so he has the information he needs to plan an effective session. Taking an active role in setting session goals helps you make the most of your massage!

## Q. What are some dos and don'ts for someone with sensitive skin?

A. Sensitive skin is seen frequently by skin care professionals. By definition, it is actually thinner skin—with blood vessels and nerve endings close to the surface—that is more reactive to stimulants and irritants.

For starters, don't expose sensitive skin to heat sources, including the sun, as heat causes vasodilation, increasing blood flow and redness. Do use treatments that cool and soothe. Cool steam, cool compresses, and cool gel masks are all good ideas. Soothing, calming effleurage massage (massage with a circular stroking movement) with cooling hydration products can calm those nerve endings and help diminish redness.



Skin Care Educator/ Product Developer/ Therapist/Author, Mark Lees, PhD, MS, CIDESCO

## What About a Tip?

What Do Therapists Expect? What Should You Do?

By Les Sweeney, BCTMB

#### The act of tipping is a fascinating phenomenon.

As consumers, we are trained over time to provide a tip for not only good service, but service in general, depending on the setting. Ever been to a decent-size hotel in a city and need a cab? Have some singles ready. Here's a sample of professions or settings and what their traditional tipping status is:

Tip	No Tip
Esthetician	Doctor
Hairstylist	Chiropractor
Taxi driver	Dry Cleaner
Waiter/Waitress	McDonald's

It seems like more and more places and professions accept tips. Even more than accept, they seem to appreciate and even encourage tips.

What about massage therapy? Massage therapy lives in a few different worlds—health care, pampering, personal service, essential part of wellness. How do consumers know how to treat therapists when the profession as a whole isn't sure where it lands?

Regarding tipping, massage falls in to the "it depends" column. It is truly contingent on the setting and the expectation or policy set forth by the therapist or the facility where the massage is provided.

You normally don't see tipping in a medical setting. If you are fortunate enough to receive massage therapy in a hospital setting, you should not expect to need to provide a tip. Beyond that, most massage therapy settings welcome tipping. In fact, many employment environments actually rely on gratuities as a critical compensation element for their therapists.

How do therapists feel about tipping? Most therapists accept tips, and an important consideration to take into account is the effort required to provide a professional massage. One saying I like to repeat is, "There are no shortcuts in massage." An hour massage is just that—an hour's worth of bliss for you is an hour's worth of work for your therapist.

Massage therapy is heart work; your therapist isn't chasing a buck, but rather engaging in a vocation that feeds his or her soul, in addition to hopefully paying the rent. Massage therapy can be a 40-hour week, but is almost never 40 hours of just session work—it's simply too difficult to do at that frequency. The busiest massage therapists may perform 25–30 hours a week of session work. As a result, income potential reaches a limit, and gratuities can be a valuable element of a therapist's compensation.

From my own perspective, I tend to view tipping—whether for massage or dining or taxi rides—as a thank-you for the effort. It does not have to be outstanding service, but if it is, I go big. A tip is a way of saying, "Thank you." For a massage, that thank-you starts at 15 percent.

Les Sweeney, BCTMB, is president of Associated Bodywork & Massage Professionals. Contact him at les@abmp.com.

## For more information on general tipping advice, check out these resources:

- The Emily Post Institute: www.emilypost.com/advice/general-tipping-guide/
- Real Simple: www.realsimple.com/work-life/money/money-etiquette/ tipping-etiquette-guide
- CNN: www.cnn.com/2015/03/02/travel/experts-guide-to-tipping-in-theunited-states/



## Massage: Your Gateway to Body Awareness

Less Pain, More Gain By Mark Liskey

Mainstream culture teaches us to ignore pain. In the 1980s, actress Jane Fonda popularized this notion in her workout videos, as she urged her viewers to push through the pain with the immortal words "no pain, no gain." Additionally, there's evidence to suggest that Americans are conditioned to associate pain as the price to pay for achieving success. Massage therapy, on the other hand, trains us to pay attention to pain. When we do, we have the opportunity to reduce, manage, or eliminate pain, and avoid injury and reach our health and wellness goals.

#### **GET TO KNOW YOUR PAIN**

Massage, by its very nature, is a gateway to body awareness. When your massage therapist presses on a ligament, muscle, or tendon, receptors are stimulated and you sense where you are being touched. Some areas may relax when pressed. Other areas may feel tender. In essence, when you're receiving a massage, you can't help but become body aware—unless you've fallen asleep (and it's not a crime if you do).





#### FOCUS YOUR ATTENTION

As the massage continues, your therapist will zero in on your pain area. When that happens, your attention will be drawn to the spots that are tender. For instance, if your neck is bothering you, your massage therapist will search for the tender or tight areas in your cervical muscles. In a short period of time, your therapist will find the epicenter of your pain and delineate its borders (e.g., it's tight underneath the base of your skull, but not a thumb-width below it.) Now, you are completely aware of your pain area and can start to evaluate whether massage is helping to

Once the pain area is identified, your therapist will begin to work on reducing the pain through applying the appropriate pressure. Too much pressure may cause you to tense up, but just the right amount of pressure will evoke the hurts-so-good response. Depending on the issue, it's not uncommon to feel immediate pain reduction during the massage. Other times, relief may occur right after you get off the table or a day or two after the massage.

Experiencing pain reduction after a massage drives home the idea that paying attention to pain is a good thing. It's a 180-degree shift from viewing pain as

something to ignore or something to work through. If applied to everyday life, this perspective of paying attention to your pain—initiated and reinforced in a massage session—could actually help prevent injury. Frank Chen, MD, of the Sutter Health Palo Alto Medical Foundation, explains: "Pain usually indicates a problem or potential underlying injury. You need to pay attention to the warning signs your body provides." Then, you can take action to avoid the injury (e.g., stop exercising when your knee hurts).

#### PAY CLOSER ATTENTION

Not all musculoskeletal pain needs monitoring. Massage therapy can help you figure out which pain areas may need your attention. First, if you're getting a massage specifically for pain reduction, then the areas associated with your pain issues should be on your self-monitoring radar. In addition, you may want to pay attention to areas of your body that weren't tender until the therapist applied pressure. These areas may have been irritated before, but not enough that you noticed them. Outside the massage session, pay closer attention to pain that is recurrent, sudden and sharp, or results in a decreased range of motion or loss of strength.

#### DON'T PAY THE PRICE

It's time to rethink pain. When Jane Fonda said, "No pain, no gain," she was specifically referring to the act of fatiguing muscles in order to stimulate maximum muscle growth. But the reality is that working through

and ignoring certain types of pain can be costly. An ankle injury while trying to lose weight means no aerobic exercise, which in turn makes reaching that ideal weight more difficult. Massage can help you become aware of your musculoskeletal pain. Once aware, you can take action to reduce or eliminate the pain. In addition, you can apply the self-monitoring lesson from the massage session to everyday life in order to avoid potential injury. Here's to less pain and more gain with your next massage!

#### Notes

- 1. David B. Morris, "Belief and Narrative," *The Scientist* 19, Supplement 1 (March 28, 2005).
- 2. Frank S. Chen, "Prevention of Exercise and Sports-Related Injury, Part 2," accessed March 2016, www.pamf.org/sports/chen/sportsinjury2.html.

Mark Liskey relies on his 23 years of massage experience to write about a wide range of topics. Find out more at www.markliskeymassage.com.

#### When You're Too Aware

Being aware of your pain is the first step to reducing or eliminating it. However, being too aware of your pain could cause anxiety. Anxiety is further increased if you catastrophize—think that things are only going to get worse. For example, aggravating an old injury and dwelling on the traumatic memory of being in acute pain for weeks is going to make you more anxious.

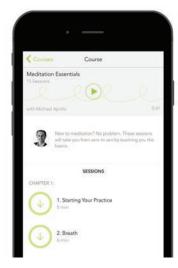
If you find yourself hyperfocusing on your pain, you can learn to pull back by asking yourself these questions:

- How bad is the pain?
- Do I need to stop whatever I'm doing right now?
- Is it old or new pain?
- If old, how did it resolve before?
- If new, can I limit my attention to the times it seems to get worse?

Lastly, pat yourself on the back for a more balanced approach to self-monitoring.

#### BODY SHOP

COMPILED BY LESLIE A. YOUNG

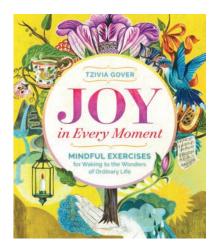


#### MEDITATION STUDIO APP

Gaiam makes it easy to lead a calm and balanced life with this app. Meditation Studio provides more than 160 meditations of different lengths to fit your lifestyle, including 2-, 5-, 10-, and 15-minute meditations. The meditations are led by some of the world's most influential experts, including Susan Piver and Rodney Yee. Available for download on iPhone and iPod Touch in the App Store for \$2.99. For more information, visit www.meditationstudioapp.com.

#### JOY IN EVERY MOMENT

This inspirational text by Tzivia Gover is a trove of creative ways to uncover little bits of joy that can add up to a lifetime of happiness. The book appeals to anyone who wants to feel more joyful, particularly those who might be going through a significant life transition. Readers can follow the daily routines page by page or flip to sections that speak to them at that moment. Available for \$12.95 at www.storey.com.



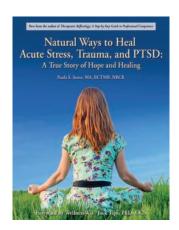


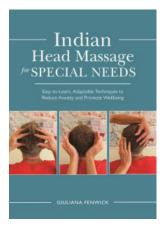
#### AROMATHERAPY SHOWER KIT

Turn your shower into a spa with this easy-to-install aromatherapy diffuser kit by Essio. The system works with virtually any shower and diffuses 100 percent organic essential oils. To use: attach the arm, snap on an aromatherapy pod, and enjoy. There are six blends available—breathe, clear, night, passion, unwind, and wisdom. A starter kit with three essential oil pods is \$34.99 at www.essioshower.com.

#### NATURAL WAYS TO HEAL ACUTE STRESS, TRAUMA, AND PTSD

Author and bodyworker Paula S. Stone has dedicated her career to helping individuals overcome trauma. In this ebook, she reveals the inside story on how healing is first and foremost a spiritual journey. Stone is uniquely qualified to guide readers, as she has personally experienced the natural therapies she describes. Available at www.thestoneinstitute.org for \$5.99.

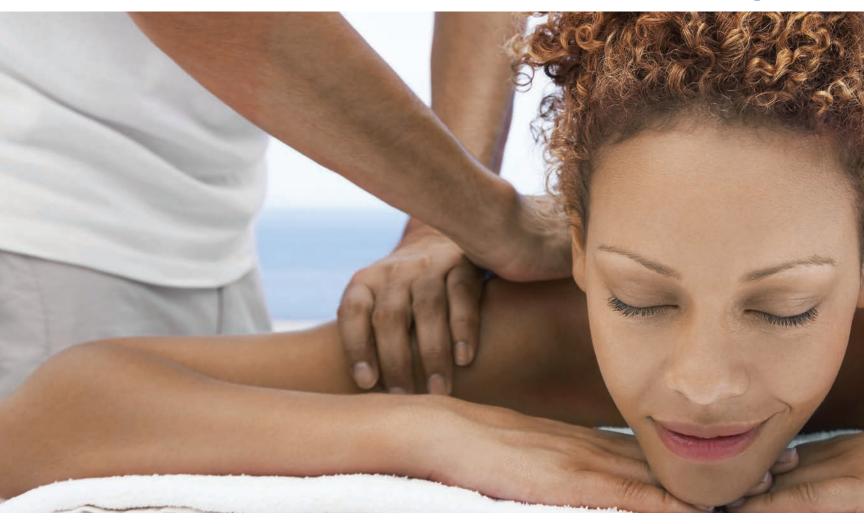




#### INDIAN HEAD MASSAGE FOR SPECIAL NEEDS

This text introduces an adapted Indian head-massage practice that helps reduce anxiety and promote well-being in people with special needs, including those on the autism spectrum. Developed by Giuliana Fenwick through work with her son, this 176-page text includes step-by-step, illustrated instructions for a full massage session, as well as information on the theory behind the work. Available for \$24.95 from www.singingdragon.com.

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