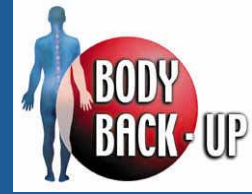


Massage Therapies

by Anne Galvin ITEC GCP



Osteopathy & Sports Injury Clinic

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How can massage help you?



Anne qualified in Swedish massage and reflexology with ITEC in 1996 & aromatherapy in 2000.

Since then she has undertaken courses in remedial and sports massage techniques as well as acupressure massage.

Massage tones and exercises the muscle and mobilizes joints improving flow to all parts of the body. It has a positive effect on the lymphatic system, therefore

encouraging elimination of toxins.

Anne's area of expertise will compliment and work along side treatment provided by our Osteopathy team.

Stress and its effects

- Stress is a part of our everyday lives and cannot be avoided. It is recognized as one of the major factors affecting health in our modern society.
- Stress can be positive in being stimulating and creative, as well as life-threatening in it's effect on the body.
- Some people seem to thrive on it, while for others the pressure can be too much.

How is stress defined?

- The HSE defined stress as 'the adverse reaction people have to excessive pressure or other demands put upon them'.
- What may be stressful to one person may not be to another; therefore stress is our inner reaction to an external event, not the event itself and thus it is how we react that cause the stressful effect on the body.
- In the workplace, you may already be under stress from family or health concerns, so any problem once at work can be enough to send stress levels dangerously high.'
- There is nothing good or bad, but thinking makes it so.

How the body reacts to stress?

- The body reacts to stress first with a diminished, then an increased level of resistance—called the 'fight or flight' reaction.
- The brain registers danger and sends messages along nerves to muscles and organs to react accordingly, leading to muscular tension and nervous disarray.
- Disruption to the body's systems ultimately breaks down the immune system leaving us vulnerable to ailments.

Rhythm Experience

- In our modern society, we are on the go all the time, whether running a family home or running a business.
- Receiving any form of touch therapy allows the body to relax in a way only achieved by meditation, the 'delta' level—at this level of relaxation the body is able to function at its optimum and its natural healing abilities are able to come into effect.
- The power of touch has fallen out of favour in a modern world of external material display.
- Clever though our brains are, they very easily become fooled by tense bodies and poor posture develops—touch therapies gently send reminders to the brain to correct the messages it sends to the body.

Massage Therapies at Body Back-Up

Remedial & sports massage uses firmer and deeper techniques to address specific complaints

Acupressure massage works on the same principle as acupuncture, using pressure rather than needles.

It works directly on the 12 major meridians and their associated organs and systems, balancing the flow of energy, round the body.

As a result, tension in tight muscles and joints is eased, circulation improves, and the immune, endocrine and nervous systems all benefit from the unblocking of stagnant energy.

A sense of well-being is instilled and alertness improved.

Aromatherapy uses essential oils with massage for their individual therapeutic qualities

Reflexology is a form of massage applied to the feet incorporating gentle yet firm pressure on points that correspond to all organs of the body and clearing energy zones which run through the body.

Reflexology directly affects the nervous system in a very positive way, generating a deep tranquil relaxation. When the body is relaxed and the nervous system stimulated, the body's natural powers of healing have the perfect opportunity to take place.

Anne holds weekly Massage sessions at our Maidenhead clinic. To find out what days & times, either call our reception or visit our website.

To find out more about Body Back-Up visit our website or email us at practice@bodybackup.co.uk



www.bodybackup.co.uk

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