

New Year — new therapy!

Introducing Musculoskeletal Therapy

What is Musculoskeletal therapy?

Musculoskeletal therapy assesses and treats the musculoskeletal system using various specialised soft tissue techniques. These include myofascial release, muscle energy, neuromuscular techniques and stretching and strengthening to prevent and alleviate pain and enhance movement and function.

Musculoskeletal therapists focus on the relationship of muscles and fasciae to structural and neurological aspects of the body in health and disease. The therapist significantly contributes to the fields of pain management, acute and chronic injury and rehabilitation.

Musculoskeletal Therapy bridges the gap between Remedial Massage and other manipulative therapies.

What symptoms can it treat?

- Chronic pain
- Whiplash
- TMJ dysfunction (jaw)
- Headaches or migraines
- Lower back pain
- Neck and shoulder tension
- Muscle tightness
- Postural problems
- RSI
- Recovery from broken bones
- Injury
- Arthritis
- Rheumatism
- Neuralgia
- Frozen shoulder
- Fibromyalgia
- Muscle stiffness
- Pelvic Misalignment
- Scoliosis

How is it different from massage?

Musculoskeletal treatments differ from massage as they incorporate postural assessment, stretches, subtle joint mobilisation, gentle holds or pressure in a more interactive setting than massage.

You may be fully clothed or only need to remove one garment or your shoes. A thorough history will be taken and a discussion of your goals and outcomes will occur. You may be given advice on exercise or diet to enhance your well being.

How can it help me?

The benefits of these treatments are that you are actively involved in your own recovery. You may be able to obtain results that you would not necessary get from massage alone.

Your therapist will assess you on a structural level and you may be guided through some exercises or stretches to increase your range of motion and to help alleviate pain between visits.



Demonstrating a typical myofascial stretch of the neck and shoulder area

Can I claim with my health fund?

If you are eligible for rebates for Remedial Massage, you will be covered for Musculoskeletal Therapy.

Pricing

Initial Assessment (up to one hour)	\$83
Follow up treatments (up to 45mins)	\$70

Aran Bright has been with us for close to 5 years. He is a qualified Remedial Massage Therapist and has recently graduated with a Bachelor of Health Science in Musculoskeletal Therapy. Aran is among one of the first therapists in Australia to complete this degree and is excited to bring this new treatment to Assiram and Brisbane!



Aran Bright - Massage Therapist with Assiram Natural Therapies for close to 5 years

So your New Year's resolution was to give up smoking — again?

Here's where we come in! We can't make you stop—that's your decision, but we can ease the pressure and help you through the withdrawal symptoms!

Acupuncture

Smoking depletes lung energy so your acupuncturist can work on your lung channels to strengthen and support lung function. Herbs can also assist in lung recovery.

An acupuncture treatment can help you to relax and cope better with anxiety and tension. Our Chinese herbalist and Acupuncturist Susan Maughan can dispense herbs to assist with the quit smoking process which can calm you, support the digestive system to reduce cravings and rid the body of toxins.

There are certain points along the meridians which can deactivate your nicotine cravings. Points along the ear can be activated when a craving occurs. Your Acupuncturist (Hamish or Susan) can put ear press studs in and you can leave the clinic wearing them. They are tiny little balls that stick to the ear that can stay in place for a few days.

Massage

Massage is a great way to release some of the built up toxins in your system and also boost your circulation. Massage releases endorphins or "feel good" hormones into your body so can make you feel relaxed and happy.

Ask your massage therapist to try some cupping on your next visit which can take away excess toxins from your lungs and aid you in your recovery.

Nutritional Support

Smoking is an anti-nutrient. This means that it creates free radicals in the body which can attack the cells. In order to combat this, antioxidants are required. These little guys get into the cells and replace the destruction caused by smoking.

Vitamins called riboflavins can assist in strengthening the system. These are found in brightly coloured fruits (all the berries like blueberries, strawberries, raspberries) and bright coloured green, red and yellow vegetables.

Vitamin B12, 5 and 6 are also helpful supplements to take when you need to replace some of the nutrition that has been depleted from your body. They can also help with the anxiety associated with withdrawal as they act as a nerve tonic. These vitamins are abundant in mushrooms, meat, leafy green vegetables and also in Vegemite!

So if your cravings are making you hungry—reach for a salad, some brightly coloured fruit or vegetables or a Vegemite sandwich! If you need something sweet go for sugar free gum or lollies. Remember to drink plenty of water too as this will help to flush out your system. Juices are great too for supplying you with all those additional vitamins!

For more information speak with a Naturopath or ask Allie Boot our Massage Therapist currently studying Naturopathy.

Get out and get active

Exercise is a great way to rid yourself of additional energy and anxiety.



Burning up energy will help with the agitation associated with withdrawal symptoms.

It's a good idea to also see your G.P. before trying to quit. They may be able to give you some additional medical advice and support if required. A visit to the dentist will remind you just how nice it is to have clean teeth and fresh breath, so that can be an added incentive.

Other tips:

- Avoid triggers like alcohol
- Stay away from the environment where you used to smoke and even friends you smoked with for a while (they will understand!)
- Get stuck into an exercise you love and feel how good it is to breathe again!
- Quit with a friend - it's easier when the burden is shared!
- Take up a hobby to keep your hands busy—like cross-word puzzles or knitting, sewing sudoku, drumming, or guitar,

So there you have it! No more excuses—there are plenty of places you can get support and help to finally kick the habit.

Good luck!

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