

Clinic Locations & Contact Numbers:

Creek St Clinic: 99 Creek Street (Cnr Adelaide) - 3229 0115 Ann St Clinic: 69 Ann St (City Plaza) - 3229 9334



Aran Bright
Remedial Therapist

Qualifications:
Certificate IV Remedial
Massage

Specialty:
Deep Tissue

Based at Creek St:
Mondays, Wednesdays &
Thursdays

Interests:
Martial Arts, Cycling and
cooking



Pregnancy Massage — What are the risks?

During pregnancy, a woman's body experiences tremendous change. Some of the consequences of these changes can leave a woman feeling extremely sore and uncomfortable. Massage is an excellent way to relieve discomfort through the positive effects of soft tissue manipulation.

Massage therapy can assist in reducing stress, encourage relaxation and prepare muscles for childbirth.

A few areas in which massage can be beneficial are:

- Easing lower back pain and cramps
- Assisting with headaches and neck pain
- Swelling of feet and hands
- Insomnia

Some other beneficial effects of massage include reduction in muscular tension, increased range of flexibility and a calming sensation for nervous irritability during those stressful times!

As with most therapies, there are always possible risks and precautions involved with

receiving treatment. However, in the majority of cases, pregnancy massage is an extremely safe procedure with the benefits far outweighing the risks. Even so, it is recommended that you seek advice from your GP to ensure there are no complications prior to arranging an appointment.



If you are in the first trimester of pregnancy, it is recommended that you don't receive treatment. The reason for this being that during the first trimester, you are more prone to miscarriage and other complications. When you have a massage, toxins and metabolic wastes are released into the body and as a result, may disrupt the pregnancy.

During the second and third trimester however, fetal development is more settled and advanced, therefore the risks of any complications due to massage are considerably lower.

With the exception of the first trimester, the only other problems with massage during pregnancy occur due to complications within the pregnancy itself. The following conditions in which the majority of medical practitioners strongly advise that no treatment be performed:

- Diabetic women
- High blood pressure
- Severe morning sickness
- Previous miscarriage
- Heart disease
- Any other complications in current or previous pregnancy

The most important consideration is that you are comfortable not only physically but also with your therapist. It is essential to voice any questions or concerns you may have to your therapist at any time during the treatment. Celebrate your pregnancy by nurturing yourself during this special time. Massage is a fantastic way to help you relax during this important stage of your life, the little one will love it too!

At Assiram, we are equipped to accommodate pregnant bellies of all sizes. Our massage tables have removable body cushions that can be separated so that your belly will sit comfortably on the bed whilst you are lying face down. Come in and see how we can make you more comfortable while going through this special time in your life!

- Prevention & Maintenance Treatments -



At our clinics we see time and time again, clients who have let their condition get out of hand and are back to where they started with getting their symptoms under control. We are frequently asked how they can keep the pain, stiffness or other ailments at bay. **The answer is regular treatments that are aimed to prevent and maintain your condition.**

Like our motor vehicles our bodies need to be serviced regularly to reduce the chance of any major breakdown. Unlike our vehicles our bodies are the only ones we get so it is important we take care of them.

Regular massage treatments can:

- improve range of motion, strength and performance
- Shorten recovery times between exercise and workouts.
- Maximise the supply of nutrients and oxygen to the muscles through increased blood flow.
- Enhance the elimination of metabolic wastes, such as lactic acid, that are by-products of exercise.
- Help the body deal with stress of our daily lives and teach the body how to relax.
- Promote a general sense of well-being.

Athletes often include regular massages as part of their athletic training programs, to prevent any major injuries and ensure they are on the top their game at all times. Today our daily lives with work and family require that we be at the top

of our game everyday and regular treatments can help achieve this.

Depending on the nature of your condition, maintenance treatments that are recommended by your therapist will vary.

To get the most out of your treatments it is important that you follow the instructions of your therapists and complete the recommended stretches.

Remember don't let your condition control you. You can control it via regular treatments.

For more information please call either our Creek or Ann St clinics.



INTERESTING FACTS...

The most common time for a wake up call is 7am



What's On?

The *Brisbane Fitness Expo* will showcase the latest in commercial fitness equipment, as well as corporate and domestic gym equipment, sports nutrition, athletic footwear and apparel, education and training, fitness analysis and club management software and much, much more. The Expo will also feature special demonstrations, aerobics displays, product demonstrations and other special events.

When: 11 - 12 November
Time: 10am - 5pm
Cost: \$15
Where: Brisbane Convention & Exhibition Centre
 Merivale Street
 Southbank



Fingerprints of Koala Bears are similar (in pattern, shape and size) to human fingerprints

A baby is born every seven seconds



Apples, not caffeine, are more efficient at waking you up in the morning

