



Healthy Pathways



Julie Baker

Qualification: Cert IV Massage Therapy, Zen Shiatsu 1, Reiki 1 & 2

Specialises in: Deep Tissue, relaxation and shiatsu massage, Reiki and food as medicine

Available in Ann St Clinic:
Thurs 10:30pm - 5:30pm
Fri 10:00am - 5:30 pm

Practice History: 8½yrs of experience

Hobbies & Interests: Pottery, drumming and dancing



Hamish Swainson

Qualification: Bachelor of Health Science Acupuncture

Specialises in: Traditional Japanese Acupuncture and Chinese Medicine techniques. Also performs remedial massage treatment. Has achieved great results for fertility and menopausal issues, headache and migraine sufferers and stress related concerns.

Available in Creek St Clinic:
Mon 8:30am - 5:30pm
Tues 12:00pm - 5:30pm
Wed 8:30am - 5:30pm
Fri 8:30am - 5:30 pm

Practice History: 5 years of clinical experience

Hobbies & Interests: Mountain Biking & Music

MASSAGE FOR HEADACHES

Headaches are a common source of pain for many people, but for a number of different reasons. Indulging in that extra cup of coffee, your favourite chocolate bar, or taking on too much at work all could spark a headache. Massage Therapy teaches headache sufferers to take control of their pain by identifying what triggers their headaches and, in some cases, alleviating them altogether.

Common Triggers:

- o Emotional stress
- o Hypertension
- o Chocolate
- o Caffeine
- o Menstruation/menopause
- o Hereditary predisposition
- o Preservatives in meats
- o Fatigue
- o Bright sunlight
- o Red wine



There are a number of different types of headaches that can be helped through massage:

Tension headaches are caused when muscles and blood vessels in the neck, upper shoulders and scalp spasm. Traumatic injury, overuse, poor posture,

emotional stress or a combination of any of these are usually to blame.

Migraine headaches stem from a temporary narrowing, then widening of blood vessels in the brain. Migraines are typically severe and affect only one side of the head. Warning signs often include vision problems and an upset stomach.

Cluster headaches are caused by an irregularity in the blood flow to the brain and appear in groups. They are frequently severe and one-sided, but unlike migraines, show no warning signs or symptoms. Alcohol may be a trigger.

Sinus headaches are pain caused by congestion and irritation of the sinuses - usually to do with allergies or a cold but sometimes related to an infection.

Allergic headaches develop from a heightened sensitivity to a substance eaten or inhaled.

Massage Therapists know headaches. Treatments are uniquely designed for each patient and combine posture training, corrective exercises and relaxation techniques. Patients will leave treatment sessions knowing how to manage their individual headache symptoms. In addition to massage, some therapists recommend that those with chronic headaches undergo a postural examination as well, because poor posture can cause severe ongoing stress to neck muscles.

Patients who receive massage therapy for migraine headaches report less pain, more headache free days, take fewer pain killers, and sleep more soundly. Massage Therapy increases the amount of beta-endorphins in the blood, which promote pain relief and an overall feeling of well-being. Massage relieves tension in the muscles, and muscle tension plays a key role in making the pain of headaches worse.

Information courtesy of the Massage Therapists' Association of BC

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Frequently Asked Questions...

How long before I should rebook?

It is generally recommended that a follow-up treatment be booked within 7 days. This will ensure that the benefits gained from your first treatment are not only maintained, but improved upon. This guideline can vary, however, depending on the type and severity of your condition, so consult your therapist about this. Once your condition has been eased, we recommend regular 'maintenance' treatments as a preventative measure, preferably every 4-6 weeks.

Will I feel sore after Massage?

There is a possibility of feeling tenderness in the areas worked on, particularly if you have had a deep tissue treatment. This demonstrates that the muscles are loosening up and that blood is flowing more readily to the area. The residual tenderness can last up to 2 days, after which you will feel pain relief and an improved range of movement.

Is it okay to exercise after massage?

It is preferable that nothing too physically strenuous be done in the immediate hours following your treatment. It is perfectly fine to gently exercise the next day – be aware of how your muscles feel throughout your exercise and ease up if necessary. To help prevent injury, it is essential to warm-up and cool-down when you exercise, and remember to drink plenty of water!

Got a Question??? If you have any questions about a particular condition or type of treatment please contact us and we will endeavor to publish your answer in our next edition.

Yoga in your life

Many people are first drawn to Yoga as a way to keep their bodies fit and supple. Others come seeking relief or help for a specific ailment like tension or backache. The Ancient Yogis perceived the physical body as a vehicle, with the mind as driver, the soul as man's true identity, and action, emotion and intelligence as the three forces which pull the body-vehicle. Yoga is a method of learning that aims to attain the unity

to improve the health and the function of both body and mind. These two systems prepare the body and mind for Meditation, making it easier for students to achieve a quiet mind and be free from everyday stress. Regular daily practice of all three parts of this structure of Yoga produce a clear, bright mind and a strong, capable body.

you will liberate vast resources of energy. *To understand what Yoga is all about, you need to experience it for yourself.* At

Controlling the mind will give you the ability to do a lot of things; it will set you free from your illusions and preconceptions that prevent you from fulfilling yourself.

“To understand what Yoga is all about, you need to experience it for yourself.”

Anyone can practice Yoga. You don't need any special equipment or clothing; all you need is the will to pursue a healthier and happier lifestyle.

The stretching involved helps in toning your muscles and joints, including your spine and your entire Skeletal System. Yoga not only facilitates in improving your body but also aids in keeping your Glands, Nerves and your other internal organs in radiant health. By releasing physical and mental tension,

first glance it may seem to be just a series of strange physical postures which keep the body lean and flexible. But in time, anyone who continues with regular practice becomes aware of a subtle change in their approach in life. Yoga helps you discover your true nature; a state of inner peace.



For Yoga classes near you visit www.yogaindailylife.org.au

of mind, body, and spirit through these three main Yoga structures: Exercise, Breathing, and Meditation. Yoga students gently increase their breath control

INTERESTING FACTS.....

Drinking won't make you more of a man. In the presence of alcohol, testosterone converts to estradiol, a form of estrogen.



An average human being consumes about 500 kg of food per year.

Sneezing too hard can cause rib fracture and suppressing the sneeze can cause damage to the blood vessels of head or neck.



Welcoming
New Osteopath
 Jenny Ly
To our Creek St Clinic

Jenny will be available to treat clients on Wednesday and Thursday. For more information on Osteopathic treatment or conditions treatable please visit our website.

- Visit www.backrub.com.au to subscribe to *Healthy Pathways* -
- Please give us your feedback!!! Call our clinics or email to aussiebackrub@yahoo.com.au -

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Shop 3, 69 Ann Street
Brisbane Q 4000
Phone: 07 3229 9334

99 Creek Street
Brisbane Q 4000
Phone: 07 3229 0115

www.backrub.com.au