



241 Clarence St.
Ottawa, ON K1N 5P9

(613) 302-3117

leeann@SolomonMassage.com

HAPPY HOLIDAYS DECEMBER 2009 NEWSLETTER

Solomon Massage has delivered 7 (or 8?) massages, \$100.00 in Loblaws gift cards, and \$847.00 in cash to John and his family. **Much gratitude to you all very much again for your kind generosity, and here's a word from the man himself:** *"I would like to say THANK YOU to everyone who has donated to me and my family. The donations are most appreciated and needed. They will help us through the winter in our time of need. I had a check up with my surgeon last Wednesday and all of my injuries are healing well. It will be mid January before I can try to walk on my own two feet with the help of crutches. Lee-Ann has been a wonderful friend and has helped me with massage therapy, and I'm so lucky to know a friend like her..... THANK YOU" John (johnboy)*

H1N1

Further to the November newsletter regarding flu season, I did end up getting the vaccine for the H1N1 virus. And the after effects kicked in after about 4 hours: achy biceps, triceps, chest and back; full body & brain fatigue (I slept a lot); chills and low grade nausea; this all lasted about 36 to 48 hours. I sure hope it was worth it!

GIFT IDEA

Do you like my thumper/massager? I found it at Home Outfitters in the "spa" area of the store. Cost = \$74.99 or \$79.99 depending on which store you go to. There is also a 4 headed version, but it's quite heavy and hard to hold with one hand – that one is **NOT** massage therapist recommended! Alternatively, you can order directly from the company's site:

<http://www.homedics.com/products/massage/handheld-massagers.html>

Solomon Massage has gift certificates too!

FOOLED BY A TRIGGERPOINT

RMT's often overuse their thumbs while working, and while I try really hard not to, sometimes it's unavoidable. So I had a really sore thumb for the past three days, and tried working it out myself to no avail. It was really tender to touch and felt kind of inflamed even! I had my MT colleague work on it, as well as my forearm, upper arm and rotator cuff muscles. She commented that the thumb muscles felt like "mush" (which basically means healthy and normal), and she thought maybe it was referral pain from somewhere else. Since there was still no change post treatment, she suggested that it was just overworked and inflamed, and that I ice it to calm things down (I tried that, and it still didn't help!) After doing doing 3 massages that day and trying to avoid using my thumb (which is darn near

impossible!), I finally pulled out my trigger point manual and looked up "thumb pain". Guess what the first 2 muscles are listed as the main culprits?

1. An upper arm muscle called the brachialis (Alison did work on this and it was sore)
2. A group of frontal (anterior) neck muscles called scalenes.

I palpated my brachialis and it felt fine now. I massaged my scalenes, and ... **BINGO!** Wow, they were "uber" tight and sore, and it took me about 15 minutes to fingertip knead out the knots. When I was done massaging & stretching my neck, I palpated around the base of my thumb where it had been hurting, and it felt so much better! There was still *some* tenderness, but that acute, inflamed sensation was gone, and now it didn't hurt to stretch or flex it. Another example of a trigger point referring pain to a distant body part you would never suspect!



HOLIDAY HOURS

It's business as usual up to Dec. 23rd, then I'll be off from Dec. 24th to Jan. 4th, 2010. The office re-opens Tuesday Jan. 5th, 2010. Solomon Massage wishes you all a happy holiday season and a healthy year in 2010!