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## FEBRUARY 2005 NEWSLETTER

### Availability

Monday, Tuesday,  
Thursday & Friday  
11:00 am to 8:00 pm  
Wednesday  
3:00 pm to 8:00 pm  
Saturday  
3:00 pm to 6:00 pm

### Massage Menu

- ★ Swedish massage
- ★ Thai Massage
- ★ Myofascial Release
- ★ Lymphatic Drainage
- ★ Triggerpoint Therapy
- ★ Insurance receipts
- ★ Gift Certificates

Visa & MC welcome

Does February usually mean chocolate, flowers, cards, dinner or jewelry for Valentines Day? Perhaps you would like to do something different with your loved one and take a massage-for-couples course to chase away the winter blues. I now offer coaching in massage techniques for couples at my studio in a 4 hour workshop format; cost is only \$130.00 per duo.

*~Love all, serve all~*

Just a reminder that the week of February 13<sup>th</sup> is "random acts of kindness week", so look for opportunities to make someone's day a little brighter – YOUR heart will feel lighter!

## MESSAGE THERAPY AND MEDICATIONS

Have you ever wondered why (or IF!) your massage therapist really needs to know about the medications and supplements you're taking? In treatment planning, your therapist must consider all factors that could compromise **your** safety, and one such factor is medication. There is a potential for negative reactions between medications and the therapist's choice of modalities.

Medication side effects can produce symptoms such as headaches, fatigue, swelling, numbness or tingling, muscle and joint pain – all common complaints treated in a massage therapy practice. Knowing this can help the therapist determine whether massage is appropriate in the first place, AND/OR if massage treatment doesn't have the **expected** result, what the next appropriate step is.

Massage therapists can feel the changes in tissue fluid levels, muscle tone, skin temperature/moisture, mobility, and trigger points. Here are a few examples of how medication can create noticeable changes and what to be cautious for:

- Muscle relaxants (Robaxin) will alter the tone of skeletal muscles and will feel loose, and thus very easily overstretched.

- Long-term use of oral corticosteroids (cortisone, hydrocortisone, prednisone) breaks down skin, muscle and lymphatic tissue ... swelling may be present, skin feels fragile, and muscles will be soft and under-toned (hypotonic). Skin may have decreased sensitivity to extremes of temperature.
- Since anti-inflammatories (Ibuprofen) and narcotic analgesics (codeine, morphine) alter pain perception, active and passive movements by the client will not be an accurate measure of ability and pain as they may be able to perform near to normal ranges without showing discomfort. Also compromised is the ability to perceive what the injured area is actually experiencing during massage. So if a therapist complies with "*you can go deeper if you want*", this can lead to further tissue damage and bruising of an already injured area.
- If a therapist knows that fatigue is a drug side effect, they may suggest shorter treatment times so as not to overtire the client. Believe it or not, massage can cause more fatigue!
- With drugs that reduce blood clotting such as aspirin, coumadin and warfarin, a therapist must be aware that any type of deep tissue therapy will cause excessive bruising and inflammation – this is not conducive to helping with healing!
- Blood pressure medications (Losartan for hi bp) act to either widen or constrict blood vessels. If I applied a hot pack to a client's back and she was on meds for high blood pressure, she would likely experience nausea, dizziness, headache or fatigue as a result. This is because the body naturally responds to heat by widening the blood vessels further in an attempt to cool the body with more blood diffusion to the surface. Therefore, hydro therapy must be moderate and cautiously applied!

**I hope this information was helpful,  
and if you have any questions  
please do not hesitate to contact  
me.**

**See you in March!**