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HYDROTHERAPY AND MASSAGE

JUNE 2006 NEWSLETTER

AVAILABILITY

Monday & Tuesday
9:00 to 3:00
Wednesday
3:00 pm to 8:00 pm
Thursday & Friday
12:00 am to 8:00 pm
Saturday
3:00 pm to 6:00 pm

MASSAGE MENU

- ★ Swedish massage
- ★ Thai Massage
- ★ Myofascial Release
- ★ Vodder Lymphatic Drainage
- ★ Triggerpoint Therapy
- ★ Insurance receipts
- ★ Gift Certificates
- ★ Visa / MC welcome

the tissues. So what to do ... heat or ice? Well everyone knows not to put hot water on a burn (right?) as there is no need to add more heat to an already hot and painful situation. So cold is the answer, and if you're still in doubt, try cold first. Why the uncertainty? Onset of pain isn't always a result of a fresh trauma, but could be a flare-up of an old injury, or perhaps there are numerous trigger points making themselves known all at once. You need assess if PRISH is present, and take into account any likely mechanisms of injury (ie: runners who experience increasing and disabling pain in a hamstring – there is no obvious “snap”, *bam*, or POW, but the increasing pain indicates strain injury).

HOT HOT HOT! When you're in a sauna or hot bath and sweating profusely, your blood is rushing away from the core (and organs) towards your skin in an effort to keep your vital organs from overheating. This is why your skin turns red, and sweating occurs as a cooling mechanism.

BRRRRRR! Now when you jump in a cold lake or pool, the opposite happens – a “danger” message to the hypothalamus stimulates the heat

We're just past our first mini-heat wave, and in anticipation of a hot summer, I thought this month should be about water therapy. Hopefully it will also help clear up any uncertainty about when to use heat and ice!

First, let's set the stage with *inflammation*, and I'll introduce an acronym here: “P.R.I.S.H.” This stands for **Pain, Redness, Immobility** (loss of function), **Swelling**, and **Heat**. If one or more of these signs are present, there is inflammation and lots of cellular activity in

production centre, and your blood now rushes back to the core to protect and warm your vital organs. This is why your skin loses color, and shivering may follow in an effort to produce heat.

HOTBRRHOTBRR? Now having explained all this, here is the best part ... **CONTRAST** hydrotherapy! This is an excellent way to stimulate your circulation, boost muscle recovery, and your immune system all at once. Typically one would start with hot for 3 minutes, then cold for 30 to 60 seconds, and repeat three or four times for maximum benefit. You can do this in the shower, but if you haven't been yet, now is a great time to go to the Le Nordik Spa baths in Chelsea! (We went on Boxing Day ... brr!) http://www.lenordik.com/flash_en/flash.html

The effects of contrast hydrotherapy really hit home for me last summer we went to Mt. Tremblant and took 3 hours to walk down the mountain. We were really quite stiff and sore the next day, but luckily had planned to go to the Scandinavian Spa baths. Three and a half hours later, we felt fabulous (and there was no massage involved!) thanks to contrast hydrotherapy.

WHAT'S NEW: I am now trained in the Vodder Basic manual lymphatic drainage technique, and will be moving onto the next level this month (therapy one). “*What's it good for?*” Edema and swelling from: pregnancy, surgery, injuries (sprain/strain/etc). My goal is to eventually work with cancer treatment related edemas, but at this stage in the training, it is discouraged. I'll keep you posted! Please note that I'll be on course from Wednesday June 21st to Sunday June 25th, and unavailable for massage appointments. **ALSO:** my new website look is coming soon ... thanks to those who gave their opinions, as it was invaluable.

I hope you enjoyed this month's newsletter and found it useful. Please feel free to forward it to a friend, co-worker, or family member.