



November 2005

Issue #3

A SOLOMON MASSAGE NEWSLETTER

How to Reach Me

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Hours of Operation

Monday & Tuesday

9:00 am to 12:00 pm
3:00 pm to 8:00 pm

New! Wednesday

3:00 pm to 8:00 pm

Thursday

4:00 pm to 8:00 pm

Friday

9:00 am to 2:00 pm

Saturday

3:00 pm to 6:00 pm

Solomon Massage Offers

Swedish massage
Thai Massage
Myofascial Release
Lymphatic Drainage
Triggerpoint Therapy
Insurance receipts
Gift Certificates
Visa & MC welcome

**Compassion
Collaboration
Commitment**



In my work I have found that it's necessary to ask more questions when people use certain terms such as "spasm". This is due to the variability of symptoms a spasm can create. Here are some definitions/explanations for clarity:

Muscle Spasms (alternate name = "cramp")

- A prolonged muscle contraction in response to circulatory and metabolic changes that occur when a muscle is in a prolonged state of tension. Muscle spasms are involuntary and often painful contractions which produce a hard, bulging muscle. Spasms occur in response to viral infections, cold, prolonged immobilization, emotional tension, or direct trauma to the muscle. It is the body's way of immobilizing an injured or painful area, usually the structures underlying the muscle. Examples include: cramps in the legs and feet while resting or in light sleep; cramps in the hand caused by excessive use in handwriting. Ordinary muscle cramps are common and may be stopped by stretching the affected muscle(s).
- Repetitive twitching spasms are also called "tics", or **fasciculations**. You know, those annoying ones that occur commonly in the eyelid! These are the result of spontaneous local muscle contractions that are involuntary. Typically, these contractions only affect individual muscle groups innervated by a particular motor neuron. This twitching is not painful, is minor and often goes unnoticed. Some are common and normal, while others indicate a neurological disorder. More serious causes of fasciculations -- such as motor neuron disease, muscle diseases, or denervation -- are usually accompanied by weakness and shrinkage of the affected muscle group, as well as other signs and symptoms.

References:

<http://medlineplus.gov/>

Kisner & Colby, *Therapeutic Exercise, Foundations & Techniques*

Miller-Keane, *Encyclopedia & Dictionary of Medicine, Nursing & Allied Health*

Other News...

I'm advancing into week 6 of a Christopher Leadership Course, and it is **AWESOME!** If you are looking for a way to become more comfortable and professional in your public speaking, presentations, or teaching ... then I highly recommend this course. It provides a safe, comfortable, and totally FUN environment in which you learn solid skills in memorizing, speaking, presenting, leadership and body language. The course progression is comfortable, and positive and helpful feedback is given for every individual after every speaking part. The cost is also very reasonable ... only \$170.00 for a 10 week course, and there is usually a choice of several locations and weeknights to choose from. For more information, check out the website: <http://www.thelumen.com> or in Ottawa call 860-TALK.

Until next month, have a happy and healthy November!