

Rejuvenations News

Volume 6

June 2006

Schedule of Upcoming Events

- **June 21**– Karen & Megan will be providing chair massage for The Taste of the Nation held at the Strawberry Bank Museum. This event supports anti-hunger and anti-poverty efforts. For more information visit their website: www.portsmouthtasteofthenation.org/
- **June 23-24th** - The Rejuvenations Team will be at the American Cancer Society's Relay For Life at the Phillip's Exeter Academy Track. The Office will be closed on those dates so come visit us at the event and support the American Cancer Society.
- **July 27-30th** –Rejuvenations will be providing chair massage at the Stratham Fair. We will also be selling one hour gift certificates at \$10.00 off the normal rate, so make sure to stop by and visit our booth. (Normal hours of operation will continue to be held at the clinic. Discounted gift certificates will be sold at the fair only.)

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Summer Fun

Summer is the time to throw back the curtains, open the windows and let the fresh air in. Old clutter and knick-knacks are taken away to yard sales while many tend to their gardens that are underway.

Summer is also the time for increased activity and movement. Like a bear from a cave, we submerge feeling well rested and anxious to run and play. It's a great time to start an exercise plan or to increase an existing plan.

Though there are many benefits to increasing exercise and movement, there may also be some risk involved. This issue of our newsletter covers a few suggestions to help you

remain healthy while enjoying summer.

We have included an article on proper body mechanics for the person cleaning the house and working in the

garden.. For the person experiencing chronic pain, we have included tips to help you increase mobility safely. And for the athlete getting ready

for upcoming events we've shared some information on shin splints.



Here are some more tips for everyone to follow when increasing activity and movement:

- Wear comfortable, loose fitting clothes
- Wear rubber soled shoes
- Drink plenty of water to stay hydrated
- Take breaks and stretch
- Seek doctor approval before starting an exercise program
- Know and respect your limits

Whether you are starting an exercise program, preparing for upcoming sporting events, or cleaning the yard, remember to play, have fun, and enjoy the fresh air. And may you have a safe and healthy summer!

Congratulations John

Rejuvenations is proud to announce the acceptance of John Swenson, LMT into the North Eastern Institute of Whole Health's apprenticeship program.

John is apprenticing in Swedish massage. The program takes a total of 540 hours, and includes 10 rotations of the Swedish massage course. Each course is 12 weeks long. He will start by observing and assisting the instructor. With each course his instructing time will increase until the ninth course, which he will teach under supervision. He will teach the tenth course unsupervised.

Upon completing the program, John will begin teaching courses in Swedish massage as an instructor at the Institute in Manchester where they have signed him on to a one year contract .

"I chose to apprentice in Swedish because it's the foundation for just about every other modality." John says. "If you have a good grasp of Swedish massage it will make learning other modalities much easier."

John speaks from experience. He has been a licensed massage therapist since November 2003, and joined

the Rejuvenations team in November 2004. John has had an active role in our affiliation program with McIntosh College.

John will continue working at Rejuvenations Tuesdays through Fridays and alternating Saturdays. He is currently accepting new clients.

To schedule an appointment with John, please call 603-775-7855, or email us at contact@RejuvenationsPT.com.

Proper Body Mechanics

Improper movement over a period of time may wear on your muscles and spine. This can cause a series of problems including slipped discs, muscle spasms, and pinched nerves.

Body mechanics refers to how we move and use our bodies for everyday activity. Whether you are lifting, reaching, pushing or pulling it is very important to keep your body in good alignment in order to avoid back injury. Here are a few basic guidelines to make your spring-cleaning easier on your back.

- Squat instead of bend. Instead of bending at the back to pick something off of the floor, bend at the knees to squat down and keep your back as straight as



possible. When you are lifting remember to keep the object close to you. Test the load. If the task seems too difficult have someone help you.

- If you are picking up a small object or reaching in a box for something light, use what is called the golfers technique (named for picking up golf balls.) Focus on keeping your back as straight as possible. Bend forward from the hip while keeping the opposite leg straight and in line with your back.
- Instead of reaching up overhead (such as dusting the top shelves) use a step stool in order to keep the activity at or below shoulder level.
- If you are pulling heavy bags of soil

out of the trunk of your car, put one foot up on the bumper so that you can shift your weight with your legs instead of pulling with your back.

- Pivot your feet instead of twisting at your back
- Use a gardening mat to kneel on or small sturdy stool to sit on when gardening
- Change up your activities often to avoid staying in one position for too long. For example, clean one room at a time instead of dusting the whole house before moving on to vacuuming.

Remember, if you do overdo, stretch, rest, and give us a call.

Going Through the Paces

Summer brings longer days and warmer weather. The restlessness of winter is quenched with cleaning, gardening, and new walking programs. Many of us like to spend more time outdoors and increase our activity levels.

Though increasing our level of activity is a good thing, all too often people recovering from acute injuries or living with chronic pain tend to overdo. They take advantage of the feel good moment and forget to be careful.

The key to successfully increasing activity without injury is pacing. Though everyone has different limits, a good rule of thumb for pain management is to use a three to one ratio. The one represents strenuous activity while the three represents rest, or non-strenuous activity.

Heavy lifting, aerobic activity, and repetitive motion are all considered strenuous activities for people recovering from injury. Since there are as many levels of chronic pain as there are conditions that

cause the pain, strenuous has different meaning to a person with chronic pain. Simple tasks such as grocery shopping, laundry and planting a garden could be considered strenuous to a person living with extreme chronic pain.

Furthermore, if you are utilizing your major pain points you should not exceed 20 minutes of strenuous activity. For example, a person with pain in their elbows should rake (repetitive motion) for no more than 20 minutes followed by rest or light work for 60 minutes. If the activity does not use your major pain points, listen to your body. It will tell you when it's had enough and to switch to lighter tasks or take a break completely.

How many times a day should you do the 3:1 ratio? That depends on you and your circumstance. If you are recovering from an injury you should always listen to the

advice of your physician or physical therapist. Again, a person with chronic pain needs to listen to their body and rest as needed. Try to limit strenuous activity to no more than three to four hours per day.

When increasing activity, make sure to leave enough time to increase your resting or lighter tasks as well. For instance, adding an extra 15 minutes of strenuous activity also means adding an extra 45 minutes of rest or lighter activities.

Whether you are recovering from an injury or not, if there is swelling present you should rest your body until it subsides. Follow the R.I.C.E. protocol on the back page of the newsletter, and if the swelling persist for more than 72 hours you should call your doctor.

Again, everyone has different limitations. Listen to your body, and enjoy summer.

The key to successfully increasing activity without injury is pacing.

The Truth About Shin Splints

Shin splints occur from athletic activities. Lower legs function like shock absorbers in a car. They keep us stable while absorbing impact from everyday activities such as walking, running and jumping. Just as shocks in our cars can get overuse, so can the muscles, connective tissues and bones in our lower legs. The pain from this overuse is what has become known as shin splints.

Shin splints most commonly occur in the inner front portion of the lower leg alongside the bone. This is where the muscles attach to the larger of the two bones below the knee called the tibia, or shin. These muscles, along with their tendons and the connective tissue of the bone, can develop small tears from the overuse, which causes the pain. The tears are a result of two possible sources: stability and impact.

Stability refers to the structural alignment of your feet and lower leg. The most common example of this is a person with flat

feet. They tend to carry their weight more on the inside of the foot causing the ankle to turn inward. This in turn causes the tibia bone to twist, which then stretches the muscle and causes shin splints.

Running is the most common example of a shin splints caused by impact. When leg muscles become tired and overexerted they lose their ability to properly absorb the damaging shock waves. This can occur from an increase in activity, landing on hard or uneven surfaces, or exercising in worn out or improper footwear.

At onset, shin splints might only be felt during the beginning of an activity such as walking or running. As they progress, the pain is more constant and noticeable and can last well beyond the end of the activity. In a full flare up, the pain is constant, swelling is apparent, and any pressure on the affected leg increases the pain to a sharp, stabbing sensation.

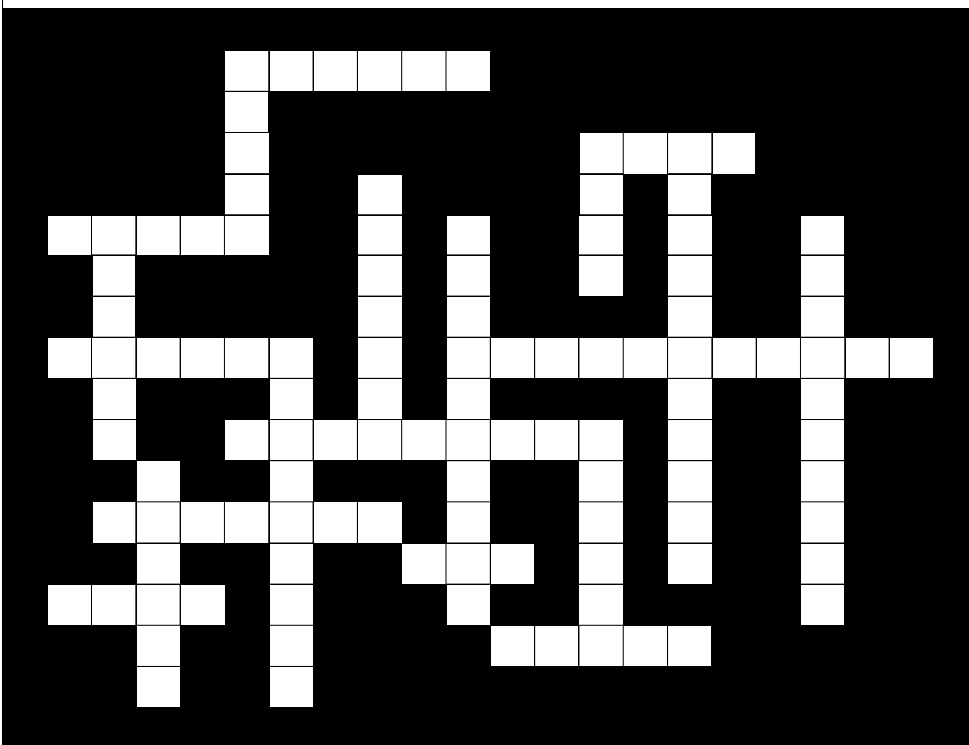
There are several ways to help prevent

shin splints. The first is to make sure you have proper footwear. Shoe inserts can be helpful for shin splints that are structural in nature. When increasing activity, do it slowly so you can monitor your body's responses to the added work. And you should always be sure to stretch before and after your exercise routine.

If you suffer from shin splints, there are several treatment options depending on the severity. Resting the affected area can help mild shin splints. If inflammation is present, follow the R.I.C.E. protocol found on the back page of this newsletter. If shin splints recur, contact your doctor or podiatrist for further treatment options.

Regular massage can help prevent shin splints by improving circulation, improving connective tissue mobility, and speeding up the healing of the micro tears that may occur in the muscles and tendons. If shin splints do occur, make sure you wait until the swelling is completely gone before you schedule your next massage.

PUZZLE



(3)
ICE

(4)
REST
RICE
SHIN

(5)
PIVOT
RATIO
SQUAT

(6)
IMPACT
PACING
RAFFLE
SPLINT
SUMMER

(7)
MASSAGE
SWEDISH

(9)
ELEVATION
MECHANICS

(10)
APPRENTICE
INSTRUCTOR

(11)
COMPRESSION
REJUVENATED

REJUVENATIONS

PROFESSIONAL MASSAGE, LLC

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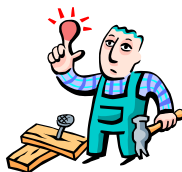
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Be Rejuvenated.*

*We're on the web!
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R.I.C.E. Protocol

Inflammation is the immune system's natural response to infection, injury or irritation. It is caused by a rapid increase of white blood cells to an area and indicates the actions of the healing process. Swelling, warmth, redness and pain are all symptoms of inflammation

The basic treatment for an inflammatory condition caused by injury is the "R.I.C.E" protocol. It stands for rest, ice, compression, and elevation. The following describes each step in more detail:



Rest

Rest the affected area. This means staying off an inflamed leg or foot, or giving your inflamed hand or arm a break from writing, typing, sewing, etc.

Ice

The affected area should be iced in 15 minute intervals, three to four times a

day. Do not apply ice directly to the area. Instead, use a cold pack or a bag of frozen vegetables wrapped in a pillow case or towel. (Frozen peas work great as they are pliable and can change shape to accommodate the affected area.)

Compression

Use a bandage to apply pressure to the area. This will help decrease swelling and provide support to the area which aids in the resting process.

Elevation

Keep the affected area elevated. This will slow the blood flow and help ease the swelling. As with ice, elevation should take place in 15 minute intervals three to four times a day.

Injuries not properly cared for can turn into greater problems. For example, a strained tendon could develop into a tear, which could require surgery. The R.I.C.E. protocol can help prevent further injury from developing.

The R.I.C.E. protocol should be followed for the first 48 to 72 hours. If pain or swelling continues to persist call your doctor for further medical assessment.

After 72 hours, if the swelling has subsided then use of massage and heat would be beneficial in speeding up the healing process of the muscles and tendons. To help prevent future inflammation, be sure to massage at least a few minutes before and after you exercise or participate in any physical activity.

Quilt Raffle

Rejuvenations is raffling a handmade quilted wall hanging to benefit the American Cancer Society.

Tickets are \$2.00 each, or 3 for \$5.00 and are available at Rejuvenations.

The drawing will be held on June 23, and the winner will be notified by phone.