

# Rejuvenations News

September 2009

## Upcoming Schedule

**Sep. 16—Office is Closed**  
our therapists will be attending a course in Integrated Neuro-muscular Re-Education

**Sep. 26 & 27—Newmarket Heritage Festival** behind the Newmarket Library, Sat. 10am—9pm, Sun. 10am—7pm

**Oct. 24—Fall Festival,**  
Swayze Parkway in Exeter,  
10am—5pm

**Nov. 21—Yuletide Fair,**  
Stratham Co-Op Middle School,  
9am—3pm

See you there!

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### **We are online!**

Our newsletter can now be found on our website at [www.RejuvenationsPT.com](http://www.RejuvenationsPT.com)



## In This Issue...



Summer is drawing to an end and autumn is right around the corner. Fall brings its wonderful, brilliant colors, cooler nights, and the next issue of Rejuvenations News!

On page 2 in this issue, we will look at the effects of laughter and why it is the best medicine.

On page 3, we discuss how Somato-emotional releases, a common occurrence during massage, manifest and what causes them.

Also on page 3, we get a

lesson on good habits. Muscle memory can be a big help—or a huge hindrance—depending on what you are teaching your body. Don't fret; there are ways to break those bad habits.

In our last issue we covered the origin of the name "Charley horse." On page 4, we follow up with a definition of the charley horse, why it happens and how to prevent or treat one.

Look below for a recap of our time at the American Cancer Society's Annual

Relay for Life, an event we look forward to every year!

As always, don't forget the puzzle on page 2!

We are excited about our upcoming events and hope to see many familiar faces at the Newmarket Heritage Festival, Fall Festival, and the Yuletide Fair. For dates and times, check our upcoming schedule in the column to the left.

We hope you enjoy the newsletter, and have a wonderful fall!

### Inside this issue:

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## Relay for Life Results

Rejuvenations was proud to take part once again in the American Cancer Society's annual Relay for Life. The fundraiser took place on June 27—28 at Timberland in Stratham, from 2:00 pm Saturday afternoon until 8:00 am Sunday morning.

The night was warm and misty as the participants took turns walking around the field. Music played for motivation, and area merchants were on hand with coupons

and goodies.

Every hour there was a themed lap. When 50's music started playing around 1:00 am, Karen and Elisa briefly stopped massaging as their hands were busy doing the Hand Jive!

Rejuvenations offered complimentary massages and collected donations for the American Cancer Society. We raised \$337.00 through the evening, massaging 60

people and one lobster!



Karen massaging the D'Angelo's lobster

Look for information in upcoming issues of Rejuvenations News for dates and participation information for next year's Relay for Life.



# Laughter is Good Medicine



Many studies show that laughter is truly good medicine. Here are five good reasons to look the lighter side of life.

- 1. Laughing is a good workout for your immune system.** When you laugh, your body produces more health-enhancing hormones and reduces the level of stress related hormones. This means a stronger immune system and improved health.
- 2. It's better to laugh than cry.** Laughing is a great distraction from negative emotions such as stress or anger. At the same time it provides a great physical and emotional release.
- 3. Laughing is good exercise.** A good belly laugh contracts your ab-

domen, works out your diaphragm, and strengthens your core. You also get a good work out for your facial muscles. Who needs plastic surgery? Laughing will naturally lift your cheeks and tighten the muscles under your chin.

- 4. Laughing lets you see the lighter side of life.** Studies show that a person's response to stressful events can be altered by whether that event is viewed as a threat or a challenge. Humor offers a more lighthearted, optimistic perspective helping you see life's obstacles as more of a challenge and less of as a threat.
- 5. Laughing is contagious.** When you bring more laughter into your life you will brighten up someone else's day too.

So, laughing will not only reduce your stress level and give you a better outlook, but will also help everyone around you. All in all, I think the laughing bug is a good one to catch and even better to pass along!



**Did You Know...  
Cortisol**

Studies from the Touch Research Institute have shown that massage therapy effectively reduces stress and anxiety by lowering the stress hormone cortisol by up to 53 % and also increasing levels of serotonin and dopamine.

## Puzzle

D Y H F L M A S S A G E W K  
 Y R N L N A N H P Z K C M R  
 K O L V G K U G R A M J K J  
 P M T O N K E G N X S R F E  
 E E L Z N V Z S H N L M F H  
 R M P S U O I G A T N O C O  
 S C O R T I S O L E E F C P  
 P T M V G T D W K T L R Q T  
 E O T K I Q A R V R A E Y I  
 C M T B N T R E H M N A R M  
 T Y A A E C L T P V L H T I  
 I H R R M F A S S E S S M S  
 V Y K G H O M B R C N P Q T  
 E W M W M K S O Y T X Q L I  
 Q E L C S U M L N K K T M C

ASSESS  
 CONTAGIOUS  
 CORTISOL  
 CRAMP  
 HABITS  
 KNOT  
 LAUGHTER  
 LOBSTER  
 MASSAGE  
 MEMORY  
 MUSCLE  
 OPTIMISTIC  
 PERSPECTIVE  
 RELAY  
 RELEASE  
 SOMATO  
 SPASM  
 WATER

# Can Emotions Be a Pain in Your...



“Bite your tongue.” “Keep your chin up.” “Keep a stiff upper lip.”

These phrases are used to repress feelings and get you through tough times. This might help you maintain your composure on the outside but those feelings are then internalized and stored right where they were told to go. That is why a lot of people carry their stress in their jaw, neck and shoulders. The same thing goes for saying a person or situation is a pain in the (name the body part). Having those thoughts sends subliminal messages to the muscles, creating tension and or pain in that region.

The theory behind why this happens is that emotions are stored in our bodies as tissue tension. When this tension is released from the body during a massage or other forms of bodywork it is possible for an emotional reaction to take place, known as Somato-emotional release.

Emotional releases can be as subtle as a sigh or muscle twitching or as profound as crying, feelings of frustration or uncontrollable laughing. The intensity of a release is varied depending on what created the emotion. For instance a person who just experienced the loss of a loved one might cry or feel sadness when they

let their guard down and their body relaxes whereas someone having a tough time at work might just have a muscle twitch or a sigh.

However subtle or profound, emotional releases are normal and healthy because the tension held in your body is released along with the emotion that created it. Dealing with Somato-emotional releases is part of our training in massage therapy. Just know that it's okay to let your guard down and your emotions out during your massage.



## Remember Good Muscle Habits

We all know the phrase, “It’s just like riding a bicycle.” Once you have learned how to ride a bike your body will remember just what to do even if it has been years since you were on one. What that simple phrase describes is muscle memory.

During the early stages of learning a person has to think very hard to master control of the brain to body connection. When you first learn to ride a bike you may have used training wheels so you could get the feel of it. When the training wheels came off, you had to get the feel for being balanced. Then once your body could feel that balance you were off and riding. Muscle memory is the unconscious thought between the brain and all of the muscles in our body to perform the activities of every day life.

This is the reason why athletic coaches or music instructors go over and over a routine in order to teach their students the correct way to do things. Muscle memory can work

against you if you have developed bad habits while practicing the wrong way. Any instructor will tell you that it is harder to teach a person who has learned the incorrect way to play an instrument or sport. This is because the neural pathways that were created have to be by-passed while new ones are formed in order to perfect the desired technique.

How does this relate to everyone else that is not athletic or does not play a musical instrument? Well, muscle memory occurs for all of the simple mundane tasks in life. So if you have a habit of rounding your shoulders while working on the computer or balancing your cell phone between your ear and your shoulder then you are teaching those particular muscles a *bad* habit. This is why you might have repeated pain and tension patterns that never seem to go away. Many clients have commented, “It feels good for a while after my massage but then the pain comes back.” As

massage therapists, we can relax and stretch your muscles but we cannot change the muscle memory patterns creating that pain or tension.

The best way to enhance the benefits of massage is to assess your every day habits in order to see what is creating an undesirable pain or tension pattern and then take the appropriate action to correct it. That may be as simple as taking a few moments to stretch throughout the day, make sure your work station is ergonomically correct or getting a headset for your phone. You may also have to take more involved actions such as seeing a personal trainer or physical therapist to improve your posture and muscle symmetry. If you have recurring pain or muscle tension then talk to your therapist during your next massage appointment. We will be happy to help you decide which options are best for you.



# Charley Horse—Part 2

In our last issue we looked at the origins of the name “Charley Horse.” But what is a charley horse, why does it happen and how do you prevent and treat it?

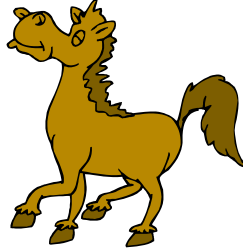
## What is it?

A charley horse is an acute muscle spasm, or cramp, sometimes called a knot. The pain can last for minutes and is often severe. Charley horses are most common in the leg muscles, but can occur in any part of the body. They are nondiscriminatory and are as likely to strike sedentary people as athletes.

## Why does it happen?

There are many theories as to the cause of charley horses, but the most commonly accepted reasons

are dehydration, low potassium or calcium levels, and overuse or injury. Compromising circulation through repetitive movement or sitting / lying in an awkward position are other possible explanations. Another likely reason is the buildup of lactic acid after exercising.



## How do you prevent/treat it?

There's no real way to prevent a charley horse, but here are a few ways to help reduce their frequency:

- Drink plenty of water for hydration, lots of milk for calcium, and eat foods high in protein like bananas and oranges.
- Get massages on a regular basis to help your body's circulation,

release buildup of toxins such as lactic acid, and help prevent overuse or injury during physical activity.

- Incorporate stretching as part of a warm-up routine to prepare your muscles, and after your activity to relax muscles.

If you are experiencing a charley horse, stop any activity and engage the muscle. For the calf, you can either put your weight on the ball of your foot, or bend your knee to bring your foot to your buttocks. For all areas, take your hands and squeeze the muscle from the edges in toward the center of the pain. Once the spasm has past, gently stretch the affected region.

So, eat your bananas, drink your water, and give your leg a good squeeze!



Dear Valued Client,

We have recently reviewed our cancellation policy. In an effort to be sure our cancellation rates are fair to all clients, we have updated our policy to read as follows:

This office has a policy of charging a fee for missing an appointment or canceling with less than 24 hours notice. The fee will be 50% of the regular charge for the missed session, regardless of discounts such as value package rates or senior discounts. Obviously, acute health problems and family crises are expected. Cancellations of convenience or last minute schedule conflicts will be your responsibility.

We thank you for your continued patronage and look forward to seeing you soon!

Sincerely,

The Rejuvenations Staff

