

# Metamorphic massage news

## INTRODUCTORY OFFERS

\$55 for one-hour massage  
valued at \$60

OR

4 one-hour massages for \$200  
(ask when you make your appointment)

Gift Certificates Available

Injury Rehabilitation  
Sports Massage • Deep Tissue  
Swedish Massage • Chinese Tuina

### *A little about Nikki*

- LMP for 12 years
- Nationally certified massage therapist and member of AMTA, professional association
- Sports massage for athletes at Olympics in Atlanta 1996, Sydney 2000 and Salt Lake City 2002

### **International massage**

(in addition to Olympics):

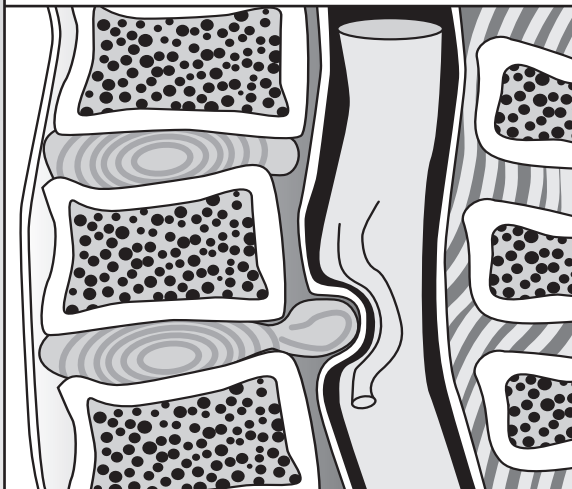
**China:** Student of Tuina (massage with acupressure and manipulations)

**Honduras:** Author of *Manual Basico de Masaje Terapeutico (Basic Manual of Therapeutic Massage)* & teacher of massage to village health promoters

### **Insurance**

Preferred provider for Aetna,  
First Choice and Regence. L & I.  
PIP (auto accidents).

## Do you have a 'pain in the neck'? — no, I'm not referring to your screaming kid or a bad traffic jam!



*A disc protrusion can press on a nerve and cause pain.*

Neck pain, stated Ben E Benjamin, PhD, in *Listen to Your Pain*, can be very confusing because it is often referred pain. It may be felt in the upper arm, the hand, the inner side of the shoulder blade, mid back, or in the head. If it is a neck problem it will hurt when you move your head.

The neck has major nerves, numerous joints, thousands of ligament fibers and small muscles and seven

vertebrae with discs between the vertebrae. Discs have a hard outer cartilage and a spongy liquid-like center.

**What causes neck pain?** Severe neck injuries often tear ligaments or muscles. They can be caused by forceful accidents such as head-on collisions (in athletic events) and whiplashes (from auto accidents or skiing falls). Whiplashes are not a specific type of injury, the term describes the way in which a movement injury occurs. The motion is a sudden forward and back snapping of the neck. It can damage discs or ligaments.

Slower onset neck pain is unpredictable. Sleeping in an awkward position, over-stretching ligaments, over a period of time, such as in some yoga positions, reading or typing with the head bent forward, consistent sagging posture may start the pain cycle. This type of pain is often due to a disc protrusion pressing on a nerve.

To determine the actual location and probable cause of neck pain there are some tests that can be done that check for two things: Is movement restricted? What movements cause pain?

*continued on back*

**Gift Certificate**  
**discounts for**  
**Holidays, Birthdays,**  
**Special Events**

**Honor someone you love with a gift certificate for a massage.**

- \$10 savings on a one hour massage during Massage Awareness Week 10/24-30.
- Buy a \$60 gift certificate for 4 different people and get the 5th hour for free (for yourself or others). Available till 12/24.

**Questions? Call 206-522-7565.**

*I enjoy teaching and speaking to groups. If you have any ideas of places to teach and/or speak, please let me know.*

**Upcoming classes**

**“Body – A Pathway to the Sacred”** Oct 23:

**“Partner massage”**

Sponsored by Safeco Neighborhood Academy  
*Free*

11/16 in U. District  
11/18 Jackson St.

**Massage helps relieve:**

Whiplash, Back Pain  
Spasms / Cramps / Tension  
Postural Deviaitions  
Foot Problems  
Chronic Fatigue Syndrome  
Sprains & Strains  
Arthritis, Tendonitis  
Soft Tissue Damage  
Headaches, Insomnia  
Hypertension  
Chronic Pain Management  
Depression

**Neck Pain** *from front*

*How can it be relieved?*

**Time.** Wait a year or so and maybe the protruding disc portion will dry up and be reabsorbed by the body.

**You.** Avoid positions that cause pain, sleep with a pillow that keeps your head in line with your spine. Don't sleep on your stomach. *Stretch gently.*

**Doctors.** DCs can *manipulate / re-align bones*, (I recommend Manda Rae Davis DC, 206-547-1991, on Stone Way); MDs can *inject proliferants* (if they know how), MDs can put a client into *traction*, MDs can do *surgery*. (Get massage before medical treatment.)

**Massage therapists.** LMPs can do *deep-tissue massage* to help the muscles relax, LMPs can perform *traction* for a short time. LMPs can do deep *frictioning* of the superficial ligaments.

Nikki, LMP, can also do *Tuina*, an ancient form of Chinese bodywork, which incorporates massage, acupressure, and some particular stretches.

Nikki, LMP, can also do *STR (soft tissue release)* which combines some “pin and stretch” movements and exercises. Call 206-522-7565 for an appointment.

**Manage Pain with Massage**

**Massage Awareness Week**

**October 24-30 2004**

- **A time to take care of your pains by getting massage** (\$10 off 10/24-30)
- **A time to share the positive values of massage with others** Gift Certificates are a great way to share massage (\$10 off 10/24-30)
- **A time to honor your massage therapist friends**
- **A time to learn more about the benefits and profession of massage**

**Take a class: on 10/23 I'll teach “Body – A Pathway to the Sacred.” Learn more about the profession of massage.**

The American Massage Therapy Association® (AMTA®) is the oldest (60 years old) and largest (more than 46,000 members) international, member-driven organization representing the massage therapy profession. It is active in 50 states and 27 countries.

I have been a member of AMTA for 12 years and have served as the MERT (Massage Emergency Response Team) committee chair for the past year. The AMTA Foundation gave me a \$5000 grant to do massage work in Honduras in 1998. (I wrote a massage manual in Spanish and taught health promoters how to do massage).

AMTA plays an important role in ensuring high standards and ethical behavior in the practice of massage therapy. The AMTA is a key contributor to the advancement of the art, science and practice of massage therapy. The AMTA promotes and provides for continuing education in the profession.

One of the services AMTA provides is “Find a Massage Therapist®”. It is a national locator service that helps consumers and medical professionals find qualified massage therapists in their area. So if you are ever out of town and need a massage therapist, go to

**[www.amtamassage.org](http://www.amtamassage.org)**