

Metamorphic Massage news

INTRODUCTORY OFFERS

\$50 for one-hour massage
valued at \$60

OR

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

Gift Certificates Available
Refer a client - you get \$10 off

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

A little about Nikki

- LMP for 11 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, L & I, and Regence. PIP (auto accidents).

Tingling, Numbness and Pain in your Hands What causes it and how is it treated

Carpal Tunnel Syndrome (CTS), according to Taber's Medical Dictionary, is "soreness, weakness and tenderness of the muscles of the thumb caused by pressure on the median nerve at the point at which it goes through the carpal tunnel of the wrist." In other words, the Median nerve is entrapped due to inflammation. The carpal tunnel is about the size of one's index finger. It contains 9 tendons, the median nerve, veins, arteries and lymph vessels.

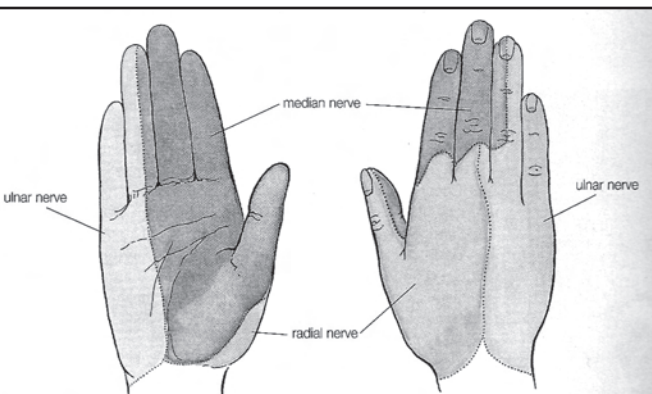


Figure 1. This illustration shows cutaneous innervation for three major nerves of the upper extremity. Medclip image copyright (1998) Williams & Wilkins. All Rights Reserved.

Though CTS is the most common, painful hand conditions can also be caused by injuries or impingements of the median, the ulnar and/or the radial nerves. In addition to sore, weak and tender

muscles of the thumb, other symptoms may include difficulty sleeping due to pain, difficulty holding a coffee cup (in Seattle that is a major problem if one can't drink coffee), numbness in fingers, Trigger finger (finger contractures), sharp pain in the arm, pain in the wrists and forearm.

Carpal Tunnel Syndrome, Repetitive Strain Injuries (RSI), Repetitive motion injuries (RMI) and various overuse syndromes account for up to 50% of workplace injuries, according to the Bureau of Labor Statistics. Each carpal tunnel problem may cost as much as \$100,000 in lost work, surgery and retraining. It has become one of the major sources of lost productivity and financial drains in this country according to Chiropractic Sports Medicine (1995). Most CTS cases are vocationally related and workers in the follow-

continued on back

Events Calendar:

At the Fremont Market
on most Sundays –
come to our booth
and get a massage.

Upcoming classes:

Embodiment of Spirit Class

October 23

***Massage and spirit will be
combined in a unique way***

Taught by Nikki Nichols LMP, RN
and Suzanne Seaton MSW,
spiritual director and United
Methodist minister.

If you are interested and want
more information,
call 206-522-7565 in Sept.

Couples Massage Class

(repeat of the Valentine's Day class)

Oct. or Nov.

Safeco Neighborhood Academy

Travel:

I will be out of town
the following dates:

July 27-Aug. 25

I'll be studying the Inca civilization
and trekking in the Andes in Peru.

Sept. 18-25

I'll be in Holden Village, WA with
my mother for an Elderhostel
class.

The following are massage
therapists who could serve you
if you need massage while I am
gone. In Fremont at Maya Whole
Health see website for several
choices;

in Ballard call Penelope Bell,
206-440-7161

or Mark Tilley, 206-788-0565.

Carpal Tunnel Syndrome *from front*

ing occupations are especially prone to develop CTS: computer operators, construction workers, factory workers, farm laborers, hairdressers, grocery checkers, glass blowers and massage therapists.

Treatments of CTS vary

Medical people treat the entrapment with rest, immobilization with splints, Corticosteroid injections, Physical therapy, and surgery (sometimes more than once). This treatment method is the most invasive, most common and most expensive.

The lymphatic drainage practitioners, using very light pressure and small strokes, focus their treatments on unblocking the trapped metabolic wastes that build up in the tissues, due to muscle contractions, and which impede the lymphatic drainage of the area. The waste build up reduces the ability of the muscles to contract causing muscle weakness.

The Soft Tissue Release (STR) practitioners (including myself) employ specific pin and stretch methods and recommend that the client do specific exercises at home. STR focuses on the scar tissue that is caused by micro trauma to the tissue, due to overuse, and that causes the autonomic nervous system to initiate the inflammation process. The goal is to realign the scar tissue so that the autonomic nervous system perceives a thinner and more elastic scar. Then neuromuscular retraining can occur. The muscles become reeducated to regain and remember their proper resting length. The tension and inflammation in the tendons decreases and they are able to glide with ease in their sheaths. The pressure on the median nerve is quickly reduced and relief is on its way.

The work is done quickly on the flexors and extensors of the hand, the supinators and the pronators, and everything that deals with rotation of the wrist. The stretches are performed rapidly so that the stretch reflex won't resist the rehabilitative work that's being done. The nature of CTS pain can start to change in as little as 15 minutes and in about 3 sessions dramatic changes generally occur.

The Soft Tissue Release, (STR) approach was developed by European osteopathy experts for use with the world's fastest sprinters who could not afford to rest when they were injured because they would miss race opportunities that held huge financial rewards. Consequently STR techniques are based on keeping the client moving while healing. The CTS techniques have been utilized with positive outcomes for the past decade.

I studied STR with one of the leading experts, Stewart Taws, the renowned British Sports Massage Therapy instructor who has treated world-class athletes for numerous years. I have successfully been using STR as a part of my massage practice for several years. If you have been experiencing any of the repetitive use syndrome symptoms or back or neck pains and would like to experience STR, please call for an appointment.