

Editor Nikki Nichols
LMP, RN, BSN

Metamorphic massage news

A little about Nikki

- LMP for 12 years specializing in Injury Rehabilitation, Sports Massage, Deep Tissue Swedish Massage, Chinese Tuina
- 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

Teaching & speaking

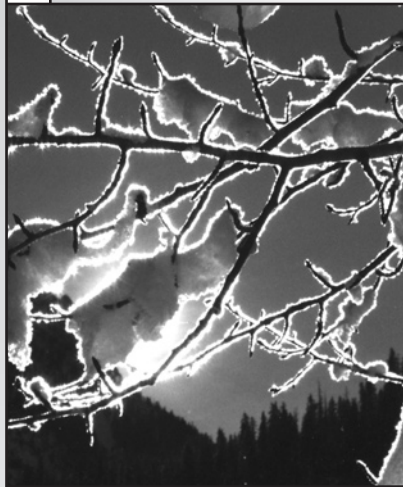
I enjoy teaching and speaking to groups. If you have any ideas of places to teach and/or speak, please let me know.

Insurance

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

Locations

Northeast Seattle



*Winter's wild weather is here!
The wind that blows,
from the land of snows,
nips the fingers and reddens the nose,
whips the branches and tugs the clothes.*

*But, with warmth and pressure of hot stones
You can relax your muscles and bones,
Thaw your frozen shoulders,
Remove your tension boulders.*

For your winter transformative massage, call Nikki at Metamorphic Massage.

Frozen Shoulder

Winter inspires thoughts of frozen things - plants, water, earth, even shoulders. Recently several of my clients have presented to me with **frozen shoulder**. What, who, when, why, and how – are questions that one can ask about frozen shoulder.

What is it?

The symptoms of frozen shoulder are pain and progressive restriction of motions (abduction and external rotation) of the upper arm. The pain starts due to trigger points found in the subscapularis, the muscle that lies under the shoulder blade. The muscle tissues shorten (spasm). The upper arm (humerus) is drawn abnormally into the shoulder joint impinging a nerve and causing pain in surrounding muscles and decreased arm movement. The pain radiates down the arm, often the posterior portion, and may skip to a band around the wrist (so a person may move the wristwatch to the opposite wrist)

Pain is worse when the arm is used but there may be pain at rest also. It hurts when a person tries to throw a ball from shoulder level or tries to reach across to the opposite armpit. It hurts to lie on the injured side. Pain is often worse at night.

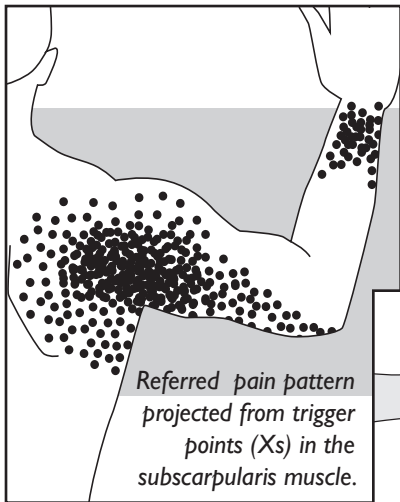
Who and when do people develop frozen shoulder?

Generally, but not exclusively, middle-aged (about 40-50 years old) females develop frozen shoulder.

Why do people get frozen shoulder?

There is no known etiology for frozen shoulder.

continued on back



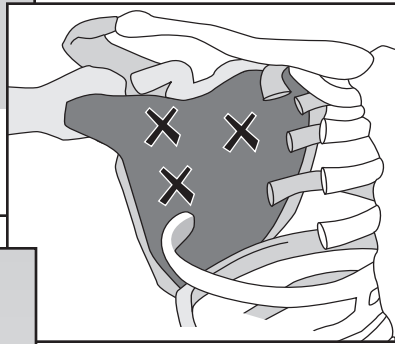
Frozen Shoulder *from front*

Pain may start due to repetitive use - for example: swimming the crawl; swinging a child back and forth between an adult's legs and then lifting overhead; resisting a fall; dislocation or immobilization of the shoulder, or fracture of the humerus.

How can the symptoms of frozen shoulder be alleviated?

Massage can help speed the healing process, by lengthening the muscles, which allows the humerus to drop back into its normal position thus relieving the impingement and pain. Massage can help save a person from having to get rotator cuff surgery. **Postural adjustments & exercises** can help relieve pain.

Posture: When sleeping, pillows can be used to support the arm so the subscapularis muscle is not in the fully shortened position for a long time. When standing, the client's thumb can be hooked onto the hip or into the belt.



Massage helps relieve:

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

Introductory Offers:

Ask about special prices for your first massage from Nikki

Specials:

Four one-hour relaxing massages \$240;
(pay up front \$215)
Four one-hour treatment massages \$260;
(pay up front \$215)

Gift certificates available:

Honor someone you love with a gift certificate for massage

When sitting, the arm can be moved out to prevent it from remaining close to the side.

Exercises:

The subscapularis muscle can be passively lengthened by:

The In-doorway stretch: the client stands with the arms up on the door jamb and leans forward slowly. Leaning over with the arm hanging down like a gorilla, swing the arm back and forth and in circles.

Time: This injury often (though not guaranteed) has a life cycle of a year. The condition gradually worsens for a few months, stabilizes for a few months, then gradually improves for a few months.

Hot Stone Therapy

Using heated stones in massage is an ancient form of healing.

Stones belong to the earth so they are a perfect vehicle for helping us reconnect with the earth's grounding, stable force. The heat and weight of the stones allow the client to stay more present. Their essence is elevated by the transference of authentic compassion and trust between the therapist and the client. The way that pressure is applied is what creates the space for the client to heal. An Australian concert pianist, Klein, discovered that the way that pressure is applied to the piano keys is what moves an audience to tears. Likewise, love and trust is experienced cell-by-cell, by pressure during a massage.

Depending on how the stones are used can result in a variety of effects.

Heat and stones can help essential oils penetrate deeply and rapidly into the body.

Toe stones can assist in balancing the right and left hemispheres of the brain.

When stones are combined with gentle rocking movements, deep tissue compression, range of motion stretching and herbal compresses it results in the release of energy blocks, relief of stiff muscles, opening of tight joints, and improved circulation. The client can experience the feeling of a greater sense of safety as if s/he is in a womb. In addition to the benefits for a client, the bodyworker may also benefit by reducing the potential of overuse injuries.

Several types of stones can be used in stone therapy; two of them are New England sea stones and basalt. The rate and length of time that each type gives off heat varies. Cool stones can also be used.

Stones invite into the massage session a spiritual component and can broaden the platform for healing.