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## Tradies National Health Month

August is Tradies' National Health Month. I know a lot of tradies who suffer from neck, back and shoulder pain. Who do you know?

If you know any tradies who may benefit from a shoulder massage, please feel free to refer them to me.

Any tradies referred during the month of August will receive a half price shoulder massage (that's \$ 25 for a half hour massage!)

For appointments please contact Andrea on 0423 620 320  
<http://www.remedialtherapiessa.com.au>

## TMJ syndrome

TMJ = Temporomandibular Joint. A long name for a little joint. It's basically the little hinge that connects your jaw to the temporal bones of your skull. Just in front of your ears. If you place your hands on the sides of your face just in front of your ears, you feel the joint as you open and close your mouth.

There are numerous indications for treating the TMJ , which not only include TMJ dysfunctions such as jaw clicking, and teeth grinding, but also include Meniere's disease, facial paralysis, speech problems, migraines, sinusitis, stress, anxiety, just to name a few.



## Relaxation

Whilst it is important to plan ahead, and that includes scheduling our time out that we spend just on ourselves, I know that sometimes life can get so busy that we sometimes just forget. So here's a few tips on how to make the most of your time out, even if it's just a few precious minutes:

Find a quiet place and close your eyes for a moment.

In your relaxation time try to think only about the NOW and leave the past behind and the future waiting. Try to concentrate only on your breathing if you find it hard to let go of your thoughts.

Take some deep breaths in and when you exhale make sure you drop your shoulders. It's amazing how much tension we seem to carry in our shoulders.

Practice mindfulness. Close your eyes and listen to the sounds you can hear around you.

Relaxation doesn't come easily to some people so if you are one of them, please don't worry. Just try to practice as often as you can even if it's just a few minutes each day. Eventually you will find that you're able to relax more readily.

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## Treatment Menu

There are different types of treatments available, and your therapist can assist you in determining which treatment is best suited to your needs.

Treatments offered are: Bowen Therapy, Relaxation (Swedish) Massage, Deep Tissue Massage, Remedial Massage, Sports Massage, Oncology Massage.

\$50 half hour  
\$65 for 45 minutes  
\$80 one hour

Initial consultation and treatment \$90 (health rebates available with appropriate cover)