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National Hat day 9th November

There are many health promotions happening in October and November, including mental health awareness, lung cancer and skin cancer awareness. Melbourne Cup is also held around this time and on the 9th November is National Hat day. Whilst this is not a health promotion, anyone who wears a funny hat during the month of November (you will need to show me a photo or wear it to your appointment) will receive a complimentary head and face massage with any full body massage. Remember to mention this ad.

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

Gluteal Pain

Yes this is literally a pain in the butt! A pain in the backside can lead to a variety of complications, such as tight Iliotibial bands, overactive hamstrings, and even knee pain.

Gluteal pain is often caused by sitting for long periods of time, causing the hip flexors (psoas) to become short and tight and the gluteal muscles to become long and weak. This in turn can cause other knee and foot problems, so pretty soon you may have more than just that pain in your butt. The pain can be aggravated by bending, lifting, sitting, driving, running, jumping and sometimes even just lying in bed.

For treatment I would recommend remedial gluteal massage as well as some stretching and hip strengthening exercises.



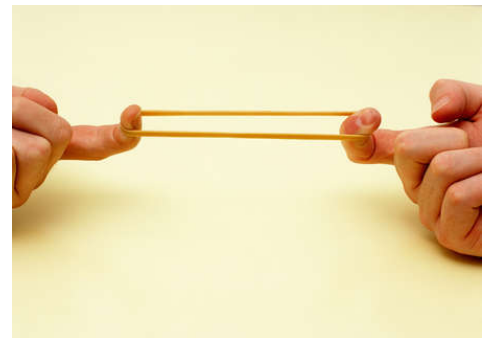
Stretching

So many people these days are focused on weight loss and exercise to keep the weight off, weight lifting and other ways to push the body, and stretching seems to be almost an afterthought. Many exercise classes either don't incorporate any stretching at all or a couple of stretches are haphazardly thrown in for the last 5 minutes or so. During weight training your muscles shorten and stretching will make you feel less tired and sore and aid recovery.

A good stretching routine however will take more than 5 minutes. Remember that in order to be effective a stretch should be held for about 30-60 seconds and repeated about 6 times. So just simple maths will show that just ONE stretch performed effectively will take 3-6 minutes.

There are many good stretching charts and even apps out there so I won't list them here, and chances are I will prescribe some for your specific problems but remember next time you do some exercise to spend some time doing stretches. Your body will thank you for it! Even if you do no exercise, stretching will keep your muscles flexible and increase your bloodflow.

When you do stretching it is important to get it right. Make sure your muscles are warmed up and don't overstretch. Hold a stretch when you first feel resistance. Then breathe through it. If after 30 seconds or so you no longer feel resistance then you may take that stretch a little further. You will find after time that you will be more flexible. Don't push it.



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)

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