*Bodywork for Wellness*

Manual Physical Therapy & Therapeutic Massage, PLLC

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 **Summer 2018 Newsletter**

**Rate Reviews:** Yearly, in August I perform a rate review to keep pace with changing costs for the practice. As of Sept 1st 2018 there will be a rate adjustment to $125 for the hour session and $145 for an initial evaluation. Thank you in advance for your understanding.

Keeping the Practice of Self Care: There are many reasons we get “off track” with our self-care. Our schedules get busy or we start to feel better so we don’t think we need so much self-care. However, much like getting the oil changed in your car to make sure you keep your engine running strong, self-treatment should be kept in the routine even if you are feeling good. So here are some healthy pointers on getting back on track if you haven’t been strong with your self-care routine recently:

1. ***Start slowly***- which means pace yourself. So, if you have taken an extended time off from your self-treatment routine start with adding back in one or two activities and progress from there. Jumping back into all of your routine can be too much at one time. Begin gently to be sure you don’t get sore.
2. ***Set a schedule/link to a daily activity-*** One obstacle is finding the time. The good news is you already did this once so adding it back in can be simpler. Best outcomes can come for planning a time in the day that you set aside for self-care. Also, if you link self-care to something you already do i.e. watching your favorite show. You can also make your favorite activity the reward for getting the job done.
3. ***Listen to your body***- we still must listen to our bodies **every time** we do an activity, even if its familiar. Your body changes day to day based on what you have done, how you slept, stress levels and many other factors. When doing self-care, we can learn a lot about how our body is doing. Finding things feel good! That’s great stay motivated. Feeling pain before doing self-care? This is your body main signal to tell you when an area needs attention. If you start to feel pain honor that…don’t ignore it try some self-care. If you find tight or tender areas during self-care these are places that need attention, stay consistent and you should see changes. While it seems like pain can come out of the blue many areas can tighten and compensate for longer periods of time. This is the main benefit of consistent self-care; the best outcome will be releasing the tight areas before they become painful.

 If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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