

# Bodywork for Wellness

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## Fall 2016 Newsletter

**Notice of Enhanced Service and Fee Adjustment** My passion has been for many years now, to study and to the best of my ability understand the human body. To learn how the body works, how to help it heal, or adapt to injuries so that we can be healthy, mobile and in as little discomfort as possible.

As many of you know, I pursue many continuing education courses per year from coast to coast to gain the most current and diverse treatment information, which allows me to offer you the *best care possible*. Each seminar I attend adds valuable tools to my toolbox and allows me to offer the most effective and complete treatment skills and tools possible. I always do my best to balance my costs of education and business with the cost of treatment, and it has been 2 years since the last rate adjustment.

I want to thank you in advance for your continued support as I remain committed to providing you with the very best bodywork and manual therapy care available. As of October 3, 2016, I will have new rates for my sessions. My one hour session will be valued at \$120, and my initial session for the evaluation will be valued at \$140.

**Cancellation Policy Reminder and Adjustment:** As stated in the welcome letter our work together is a team approach and part of that approach is to make and come to scheduled appointments. I value our time to work together and that is an important part of moving towards healing. Consistency is necessary to get the most out of our work together. It is important that if a session cannot be made at that ***at least 24 hours' notice*** is given in order to avoid a full charge for the session. In many cases I work on several holidays like Columbus day or the day after thanksgiving. If you are scheduled for one of these **holidays or the week of a holiday: the new policy will be 48 hours' notice to avoid a full charge for cancellations on a holiday week.** Also consistent cancellations 3 or more may result in dismissal from treatment.

**Progressive Relaxation:** For those of us who find that we are tight in our bodies or for those who struggle to soften, let go, or relax our bodies, then progressive relaxation is a technique that may be helpful. This info is referenced from <https://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf>

### STEP ONE: Tension

The first step is applying muscle tension to a specific part of the body. This step is essentially the same regardless of which muscle group you are targeting. You can contract muscles in feet, legs, pelvis, arms or neck. First, focus on the target muscle group, for example, your left hand. Next, take a slow, deep breath and contract the muscles for about 5 seconds in this instance, you would be making a fist with your left hand. It is easy to accidentally tense other surrounding muscles (for example, the shoulder or arm), so try to **ONLY** tense the muscles you are targeting. Isolating muscle groups gets easier with practice.

**Be Careful!** Take care not to hurt yourself while tensing/contracting your muscles. You should never feel intense or shooting pain while completing this exercise. Make the muscle contraction/tension deliberate, yet gentle.

### STEP TWO: Relaxing the Tense Muscles

This step involves quickly relaxing the tensed muscles. After about 5 seconds of contraction, let all the tightness flow out of the tensed muscles. Exhale as you do this step. You should feel the muscles become loose and limp, as the tension flows out. **It is important to very deliberately focus on and notice the difference between the tension and relaxation. This is the most important part of the whole exercise.** This can be helpful in finding the balance in using our muscles for what we need but not keeping them tight when they are not in use. This can be helpful in pain reduction as if we have a sore muscle, if we keep it tight it will typically be more painful versus if we work on relaxing the muscle. This exercise can be done from head to toe and will take about 5-10 minutes it can be very helpful if you are stressed or to help one relax to fall asleep or to work on easing pain or tightness in the body.

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

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