

# Bodywork For Wellness

Manual Physical Therapy & Therapeutic Massage, PLLC  
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## Spring '08 Newsletter

As we look forward to spring and the excitement of nicer weather, I am also very excited to share with you that Bodywork for Wellness has been in business for 6 months and is going strong. With that, I would like to say **THANK YOU!** This is a wonderful time to express my sincere thanks to you, my client. It is you who have helped ensure that Bodywork for Wellness is becoming well established and will be around for a long time to provide the highest quality manual therapy and massage to the capital district.

Also, many of you have shared your positive experiences with people you know and care about, and I want you to know this is the highest complement that you could give my work. I appreciate your trust and confidence in my skills to help you, your friends and family, and I look forward to continuing to share my skills so that fewer people have to live with pain. Again Thank You so much for your continued support.

### What's new at Bodywork for Wellness this season?

As many of you know I am dedicated to learning and expanding my practice to offer the most effective services possible. Recently, I have added 2 new "tools" to my toolbox.

The first is I have recently taken a continuing education course in Lymphatic Drainage Therapy. This is a very gentle technique that facilitates the movement of Lymph when it gets stagnated. This allows for treatment of swelling or congestion in the body as well as it facilitates detoxing of the body. As the lymph in our body is no longer stagnant, the cells will exist in a healthier environment which promotes pain relief.

Secondly, I have had a growing request about working with expectant mothers. Therefore, I have invested in the body cushion system (pictured below). This system allows an expectant mom to be positioned comfortably on the massage table with the support of the cushions, and she can lay in positions that she may not be able to at home, like laying on her stomach. This allows us to work easily in many areas that are commonly sore as a pregnancy progresses, and gives the mother a chance to have her body supported and to get some pain relief. One of the best gifts you can give to an expectant mother is the gift of comfort. Remember with Mother's Day coming up soon, gift certificates are a great way to treat your mom to some pampering whether she is expecting or not!



### Spring Wellness Tip

As we move out of the common hibernation of winter and into the activeness of spring it is important to remember that new physical activities either sports or even yard work/gardening can put new or different strains on our bodies. Remember to pace yourself and build up to new activities by working in shorter time frames first, taking breaks and gradually building up the activity. Also lots of water and stretching may help prevent injury.

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

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