

Bodywork For Wellness

Manual Physical Therapy & Therapeutic Massage, PLLC
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Spring '09 Newsletter

No Massage Tax! For those of you who were not aware Governor Paterson was attempting to tax Massage Therapy as well as many other things to close the budget gap. When I heard about this I called and wrote letters to state officials asking to have this tax eliminated. I am very happy to announce that Massage therapists across the state including myself were fighting for our clients and we were successful, so there will be **NO Sales Tax** on massage therapy services in this area.

New Continuing Education I have recently returned from a continuing education course on Manual Lymph Drainage Therapy II. This course was an addition to and refinement of skills to assist the body in draining lymphatic fluid. Our lymph system has many jobs in our bodies. The primary jobs are to collect any unnecessary fluid from our tissues and return it to the heart and to assist in our immunity. Both of these jobs are so important to our health. If our body can't filter out bacterial and foreign particles we stand to be much sicker in general.

Also if our bodies hold extra fluid this is often seen as swelling in an area. This swelling can cause a lot of pain, as it puts pressure on our nerves and tissues. With Manual Lymph Drainage the therapist can feel the direction of flow or the lack of flow of the lymph. With gentle relaxing tissue stretching and strokes, the therapist can either assist the lymph flow or help redirect the flow in a more efficient direction. These techniques can be very helpful for pain, congestion, ease of swelling to reduce healing time, and to boost the immune system. These techniques can also be helpful pre or post surgically to aid in healing. If you have noticed areas of swelling in your body please mention them in your next session and experience Lymph Drainage Therapy.

Wellness Tip: Diaphragmatic Breathing promotes relaxation and lymph flow

In many sessions I teach folks about the importance of breathing with the diaphragm. The diaphragm is a domed muscle inside of the rib cage that attaches to the front and back of our bottom ribs. This muscle can help us take fuller breathes if we allow it to descend with an inhale and to relax with the exhale. Many people use their upper chests to breathe and this is not as efficient. When the diaphragm descends on the inhalation, the belly must expand, when the diaphragm relaxes with the exhale, it goes back up and the belly returns to a resting position. Think of a baby when it's sleeping you see their belly move up and down as they breathe. When we breathe using the diaphragm we promote relaxation, improved oxygenation of our blood, and the pressure change in the abdomen causes suction that helps to move our lymph. If you put one hand on your chest and one on your abdomen and take a few breaths you will often feel the hand on the chest move 1st. When you breathe using your diaphragm you want to try to fill your lungs from the bottom up so you can feel the hand on your abdomen move 1st. So the next time you are feeling stressed or tired or achy, try 5-7 deep diaphragmatic breathes and feel the benefits.

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