

Body Sense

A public education magazine brought to you by ABMP

autumn 2019

Self-Care and Massage

Bodywork for Caregivers

Colds and Cancellations

Meditation
Quieting a Busy Mind

Tennis Elbow Relief



EDITOR'S NOTE

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Body Sense Editor Karrie Osborn

YOU ARE WORTH IT

Self-care is a year-round venture. Sometimes we forget that.

Do you typically remember self-care only after you've driven yourself into a wall? Do you make self-care a priority in January, then relegate it to the back seat by March? Do you think of self-care as a luxury and feel badly for taking the time? Or, are you conscientious about taking care of yourself on a regular, ongoing basis, especially when life gets crazy?

Self-care is often the first thing we let go of when we're under stress. For some reason, we justify giving up important self-care routines and habits because we think we simply don't have the time. Have you ever uttered these thoughts? *I don't have time to eat a balanced meal; I only have time for a quick bite. I don't have time to get a massage; I really want to, but it's impossible to take an hour out of my schedule just to relax. And I definitely don't have time for meditation. I feel guilty even thinking about it.*

The truth is, self-care practices are meant to help us in stressful situations. They should be the *last* things you give up when life is throwing lemons at you. In this issue of *Body Sense*, you'll learn how massage is beneficial to the 1 in 3 US adults who will act as a caregiver for a friend or loved one this year. These amazing people need massage more than anyone, but they are the first to admit they take little time for themselves. Are you a caregiver? It's important you read the article on page 6. And share it with a friend.

What self-care tools do you employ to manage a healthy, balanced life? When you put massage and bodywork at the top of that list, you'll be amazed at how much better you'll be at turning those lemons into lemonade.



\$160 billion

The estimated amount of gift cards sold in 2018.

Holiday season is right around the corner. Consider a massage therapy gift card purchase for your loved ones this season. It takes all the stress, literally, out of gift-buying!

Body Sense

massage, bodywork & healthy living

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Dance

It's Brain Food

According to researchers at the University of California Berkeley's Greater Good Science Center, dancing is the perfect exercise to reduce anxiety, improve physical health and emotional well-being, and feed the brain.

Dancing activates the release of hormones that feed the brain, including:

- Dopamine—The “reward” hormone that is released when we experience pleasure
- Oxytocin—The “connection” hormone that is released when we are in contact with people
- Serotonin—The “well-being” hormone that stabilizes our mood and feelings of happiness
- Endorphin—The “pain-relief” hormone that is triggered by the discomfort of exercise

Studies have found that dancing also lowers the risk for death from cardiovascular disease, reduces the risk of dementia, and counteracts age-related decline.

So, in the words of iconic dancer, teacher, and choreographer Martha Graham, “Nobody cares if you can't dance well. Just get up and dance.”



ASK THE EXPERTS

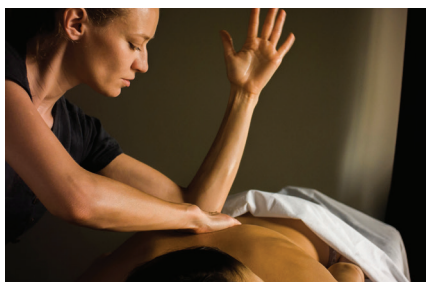
Q&A



Kristin Coverly, LMT, is a massage therapist and the director of professional education for Associated Bodywork & Massage Professionals.

I like deep pressure, but is there ever a point where the work could be too deep? Do I ever pose a hazard to myself by getting deep bodywork?

There's no one-pressure-fits-all formula for massage: the ideal level of pressure varies from session to session depending on the health of your muscles, tendons, and ligaments. What might have felt great—and have been beneficial for your body—in your last session, might not be right for your next one. Contrary to popular belief, deeper pressure isn't always better. The depth of pressure used on healthy muscles isn't the same as the ideal level of pressure for soft tissue that is inflamed or injured or that feels sore, tender, or painful. How do you know what depth of pressure is best? Trust your trained massage professional. Be specific and honest with your massage therapist about how your body feels before the session so they can adapt the pressure and techniques they use. And please speak up during the session if the pressure doesn't feel right for you. Together you can create the perfect formula for your session!



I spent extra time in the sun and the water this summer and my skin is looking a bit tired. What should I do to get my skin back on track before winter?

Summer fun and outdoor activities are great experiences, but weeks of summer exposure to heat, sun, and the environment often leaves skin looking splotchy, dehydrated, and older. Wrinkles from sun exposure and dehydration are often more prominent. Oilier skin areas may be splotchy and congested from keratinization due to sun exposure and also have surface texture problems. The best skin care answer for summer recovery is a treatment plan with your skin care professional that will address and correct these signs of exposure.

Mark Lees, PhD, MS, CIDESCO, is a skin care educator, product developer, therapist, and author.



Colds and Cancellations

It's that time of year when the cold and flu bug starts knocking on our doors. What should you do if you get sick on the day of your massage appointment?

While your massage therapist wants to see you, they don't want to see you if you're sick—for many reasons. Not only does your massage therapist want to avoid your buggy germs for themselves, they also don't want you exposing their other massage clients to your sickness.

WHEN SHOULD I CANCEL MY APPOINTMENT?

What are the protocols for when to cancel an appointment? Each massage business has its own business policies on cancellations, but your therapist will most likely be grateful for your cancellation, even on the day of the appointment.

Massage therapist and blogger Allissa Haines says these are symptoms she would ask you to stay home with:

Fever and related symptoms


- Aches
- Chills
- Unusual fatigue

Respiratory issues

- Coughing
- Sneezing
- Sore throat
- Very runny and/or stuffy sinuses

GI issues

- Diarrhea
- Nausea
- Vomiting

If you are visited with any of these symptoms, it's best to cancel, Haines says. With cold or sinus issues (even if you are no longer contagious), if you are still deeply congested, lying face-down in the face cradle might make you even more miserable. Reschedule your appointment and give yourself a chance to feel better. Your massage therapist will thank you for it. 



Massage and the Caregiver

By Karrie Osborn

One-third of the US adult population are considered caregivers—those who work on average between 14 and 35 hours a week caring for a loved one. Whether it's sitting by someone's hospice bed, holding their hand, and just being present for them; or the seemingly more stressful tasks of taking your loved one to their doctor appointments, advocating for their health care, making sure all the doctors on their case are talking and know what the other is doing, and ensuring all the right meds are being taken, caregiving in any situation is exhausting.

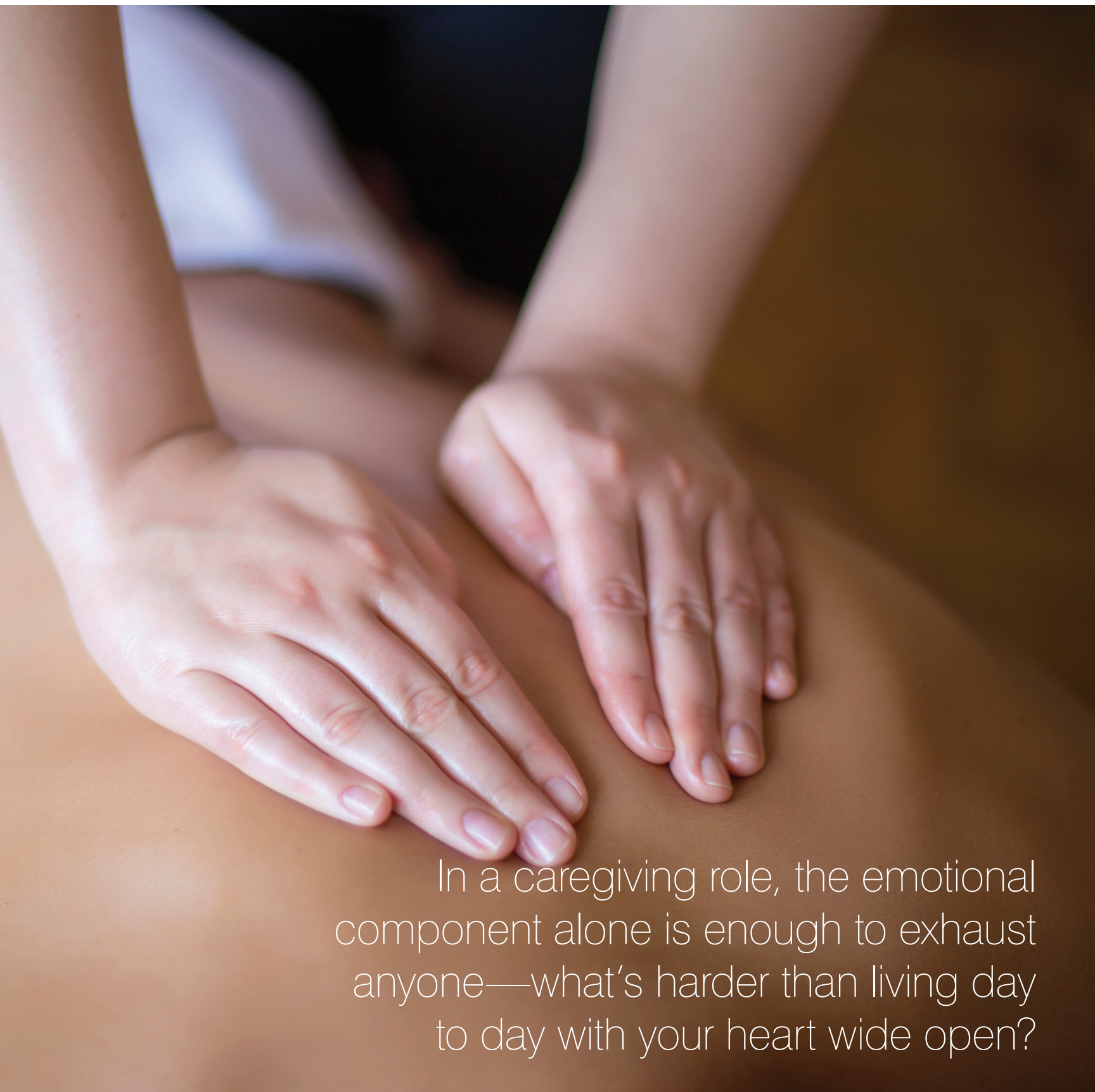
Caregivers, however, often don't realize the stress they are under until they've hit a wall. Many say they simply don't have time to even stop and realize it. Massage is one stress-relieving tool that you, or the caregivers in your life, could look to for respite.

EMOTIONAL EXHAUSTION

Caregivers are growing in numbers as aging baby boomers settle into retirement and the golden years. Their families, friends, and loved ones are often called to assist in this part of the aging process.

In a caregiving role, the emotional component alone is enough to exhaust anyone—what's harder than living day to day with your heart wide open? Think about it: What kind of emotional energy does





In a caregiving role, the emotional component alone is enough to exhaust anyone—what’s harder than living day to day with your heart wide open?



Approximately 43.5 million caregivers have provided unpaid care to an adult or child in the past 12 months.

From [Caregiver.org](https://www.caregiver.org)

it take to remain that present, that open, that ready for the loved one lying in the bed before you?

And all the while, these thoughts race through your mind: What more can I do for her? Am I ready for her to go? Is she ready to go? Is she comfortable? Is she in pain? Is her breathing labored? Does that wince mean she's in pain?

It's a never-ending process—until it does end. But, until that moment, it's one of the most important (and most exhausting) things we can do for another—being present with intention in a caregiver's role.

CAREGIVER BURNOUT

According to the Mayo Clinic, “People who experience caregiver stress can be vulnerable to changes in their own health,” often without being aware of it. Here are signs the Mayo Clinic tells caregivers to watch for:

- Abusing alcohol or drugs, including prescription medications
- Becoming easily irritated or angry
- Feeling overwhelmed or constantly worried
- Feeling sad
- Feeling tired often
- Frequent headaches, pain, or other physical problems

- Gaining or losing weight
- Getting too much sleep or not enough sleep
- Losing interest in activities you used to enjoy

THE CAREGIVER'S ASSIGNMENT

Caregivers will tell you they don't have time to think about their own issues as they run between grandma's house and the kid's soccer practice, all while trying to figure out how to get food on the table for both households. Sometimes even thinking about the joys an 8-hour night of sleep could bring, or how good a warm bath would feel is enough to bring on the guilt for the caregiver trying to do it all.

But the edict is true: You can't take care of others if you don't take care of yourself first. When you're on an airplane, the flight crew instructs parents to put their oxygen masks on first in case of an emergency, and then attend to the children. The reason? You can't save the children if you pass out from lack of oxygen first. The same is true in life: Understanding the importance of self-care is like putting on your oxygen mask first—it will benefit you both in the end.

And what does putting on that oxygen mask look like for caregivers? Proper sleep, proper nutrition, proper exercise, and an appointment with your favorite massage therapist.

RESEARCH CONFIRMS IT

In a recently published article, "Therapeutic Massage to Enhance Family Caregivers' Well-Being in a Rehabilitation Hospital," researchers identified several goals they wanted to explore, including understanding the impact massage had on the psychological functioning of family caregivers. Depending on the research subject group, caregivers were given one 60-minute massage per week for two weeks or three 60-minute massages per week for two weeks. The massages were given in a private massage room in or near the hospital by a trained and licensed massage therapist.

According to Niki Munk, PhD, LMT, an associate professor of health sciences at Indiana University, the results of the study found "the emotional well-being and perceived stress significantly improved for all participants receiving massage. Both groups had less depression, anxiety, somatization, and stress after the study than before. Participants reported pain and tension relief, better sleep, and relaxation from the massages. In addition, nearly all participants

The majority of caregivers (82 percent) care for one other adult, while 15 percent care for two adults, and 3 percent care for three or more adults.

From Caregiver.org

indicated their mental health improved during the program. Several participants also indicated the massage-induced breaks helped them rejuvenate, have a better attitude, and feel more focused with their caregiving responsibilities." Notably, the benefits of massage were felt regardless of whether the participant received one massage per week or three, demonstrating that simply receiving massage was more important than the frequency of massages.

TIME TO PUT ON THE OXYGEN MASK

Caregiving is one of the hardest jobs there is. To be successful and ensure you don't hit the burnout wall, make sure you put your oxygen mask on first, practice self-care, and connect with your massage therapist today to schedule an appointment. Be your own best caregiver and make that appointment! 📅

Karrie Osborn is editor of Body Sense magazine.

How to Quiet a Busy Mind

By Angie Parris-Raney, LMT, Chopra Center Certified Instructor

Even as a healing professional, I continue to seek ways to restore balance and harmony.

Looking back, I was the person who knew meditation was a good thing, yet disregarded it as something only for “peaceful” people. I’m a physical gal who likes to hike, run, ski, camp, and more. In my mind, meditation wasn’t anything I could possibly do. I can’t sit still. My brain has too many thoughts. My version of meditation is through activity. And sometimes, that’s OK. There is something to be said about getting into “the zone.” It is, in fact, a kind of meditation and healing of its own. But it’s not the same.

Two years ago, however, a well-respected mentor asked me the question, “What is it you’re not doing for yourself?” When I thought deeply about it, I decided I didn’t have enough time in my life to simply *be*. I wasn’t creating the space and time to go within. What a primal thing to crave! And so the journey and dedication to wholeness began. But how to quiet my busy mind? I looked to the teachings of the Chopra Center.

VIBRATIONS FOR HEALING

The use of sound is a powerful tool to connect with our nervous system. Just like listening to music or the healing sounds of nature can nourish us, so does repeating a mantra with a certain tone

and vibration. Whether you repeat the mantra inside your mind as a thought or out loud as in song, with the right sounds, you can align yourself with the vibrations that foster healing.

The use of mantras is a powerful tool to redirect the mind to one focus. It doesn’t mean the mind won’t stray to other thoughts, but now you have a tool to come back to. Like other vibrations or sounds, you slowly begin to tune in to, feel, and flow with the sound. You almost become it. And just like a body of water with powerful waves, the thoughts begin to settle into tiny ripples, then stillness. Now, you can settle into a space of *just being*. Like sleep, this quiet is the space for healing.


MANTRA JOURNEY

Through the journey, this is what I’ve learned to be true:

- 1. It’s called a meditation practice for a reason.** The very name of it implies one must practice. And for that, I’ve indeed experienced a cumulative effect of a daily practice. For example, instead of reacting to circumstances, I can now witness my thoughts and emotions rather than identifying with them. It creates a sense of centeredness. I’m not always successful, but again, it’s a practice.
- 2. Start where you are.** If you only have three minutes a day, then commit to three minutes a day. See how that

feels after 21 days. Then, after 60 days, you might discover, as I did, that it’s somewhat akin to going to the gym—three minutes turns into 10 minutes or 20 minutes or more. Then, your body-mind starts to crave it. And when you experience the benefits from your practice, it motivates you to continue.

- 3. Tuning into your breath will provide** you with information if you stop to observe it. Is it fast? Is it slow? Can you breathe deep or is it shallow? How do you feel when you tune into your breath? As the Chopra Center has taught me, tuning into your breath puts you exactly in the present moment. Why? Because you cannot breathe in the past and you cannot breathe in the future. You can only breathe in the now.
- 4. Let go of judgment.** This is your safe space for yourself. Give yourself permission to simply be. Enjoy yourself and enjoy the process.

Take it from someone who thought it impossible to sit still and be quiet with oneself. Using natural sounds, mantra, breath, or whatever vibration you choose can be a powerful tool to overcome a busy mind and facilitate self-healing. 

Angie Parris-Raney, LMT, has been practicing massage therapy and bodywork in Colorado since 2001. She is certified through the Chopra Center as a meditation teacher and has expanded her practice to serve children and families living in poverty in Peru through her nonprofit, Project Inti.

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Relief for Tennis Elbow

By Whitney Lowe



The dramatic increase of repetitive motions in numerous jobs has led to a surge of tennis elbow over the last several decades. Massage is one way to tackle this common, frustrating problem.

One of the most common upper extremity overuse problems is lateral epicondylitis (LE), more commonly referred to as tennis elbow. Despite its common name, only about five percent of the people with LE developed the condition from playing tennis.¹

The dramatic increase of repetitive motions in numerous jobs has led to a surge of tennis elbow over the last several decades. And there are heavy socioeconomic burdens because of it: lost productivity for employers, lost or diminished wages for employees, long periods of pain, and significant workers' compensation claims.

Massage is one way to tackle this common, frustrating problem.

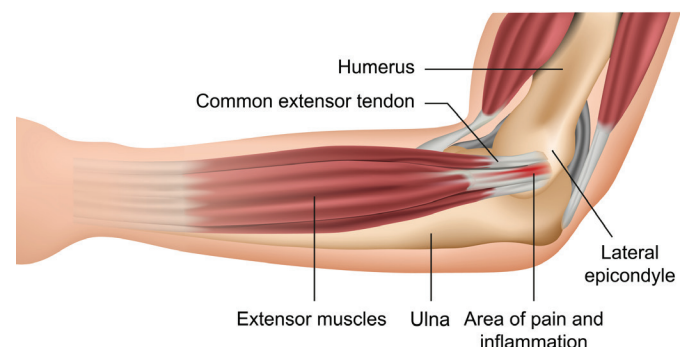
WHAT IS TENNIS ELBOW?

Tennis elbow is most commonly associated with repetitive overuse actions of the wrist extensor muscles. These actions could include repetitive or forceful wrist extension, long periods of gripping objects, or movements that include forearm supination or radial deviation. Repetitive eccentric loading on the wrist extensors is also a primary cause. What does this mean? A repetitive eccentric load would be one where your wrist extensors are trying to prevent your wrist from moving into flexion while slowly resisting that motion. Imagine curling a dumbbell with only your wrist.

In addition to repetitive motion, long periods of contraction of the wrist extensors may also lead to LE. For example, grasping tools or implements during work activities might not involve repetitive motion as much as constant contraction to hold the implement in a certain position. Computer users who spend much time operating a mouse develop epicondylitis

for this reason. It's not so much about the repetition of movement of the wrist as much as the wrist extensors and flexors are both in a chronic state of tension when holding and manipulating the mouse.

Other factors play a role in developing epicondylitis. Body mass index, history of rotator cuff disease, de Quervain's tenosynovitis, carpal tunnel syndrome, and a history of smoking are all correlated with a higher incidence of tennis elbow. It may be that some of these factors developed from the same mechanical stressors and just happened to occur simultaneously.



Treatments

The most common strategies employed for tennis elbow include physical therapy, nonsteroidal anti-inflammatory drugs (NSAID), shockwave therapy, kinesiology taping, biologics, corticosteroid injections, and massage.

Biologics—A general term used to refer to several new treatment techniques, such as autologous blood transfusion (the collection of blood from the patient and re-transfusion of that same blood back into the patient).

Platelet-rich plasma (PRP) injection therapy—PRP injections use a method where platelets, which play a major role in tissue repair, are extracted from the individual and reinjected to stimulate tissue repair processes.

Corticosteroid injections—It is surprising that corticosteroid injections are still used as a treatment strategy even though their potential danger and damage of tendon tissue has been well documented for decades. They aren't used anywhere near as often as they used to be, but they are still used in some cases.

Like most chronic overuse tendon disorders, tennis elbow is not an inflammatory condition caused by fiber tearing. Instead, the primary dysfunction appears to be collagen degeneration within the tendon.² We have a better understanding of the actual physiology of tendon breakdown in these conditions now, but we still don't have a good understanding of why the collagen degeneration occurs.


There may still be some minor inflammatory activity at certain stages of the problem. However, framing the condition as one of fiber tearing and inflammation encourages a problematic treatment strategy. One of the primary treatment methods for reducing inflammation in soft tissues is corticosteroid injections. Unfortunately, corticosteroids have detrimental effects on long-term collagen synthesis within soft tissues and are a known factor in tendon weakening. The corticosteroid injections are effective at pain relief, which gives them the impression of healing the condition, but are detrimental in the long run.

MASSAGE FOR RELIEF

So what role does massage play in epicondylitis treatment? One of the most commonly used massage treatment strategies is deep transverse friction (DTF). Originally it was thought that the primary benefit of DTF was helping to realign scar tissue from the torn tendon fibers. However, that idea has now fallen out of favor as it has become clear that torn tendon fibers rarely play a role in epicondylitis. It could be that pressure and movement on the impaired extensor tendons could be encouraging rebuilding of the damaged collagen structure within the tendon.

Another possibility is that the key benefits of friction massage are not only mechanical (pressure and movement), but also help in pain reduction through neurological processes.

Reducing hypertonicity is another important role that massage can play in treating epicondylitis. Applications that appear particularly effective are compressive warming strokes and broad sweeping cross-fiber strokes. As treatment progresses, deeper longitudinal stripping methods are very effective, and active engagement lengthening techniques appear to bring good results as well. Engaging the muscle in an eccentric contraction involves greater neurological input along with the massage technique. This greater neurological input may serve to enhance a pain-reducing process called *descending modulation*. We know this treatment is particularly effective.

Lateral epicondylitis can become a debilitating condition, and because it is often related to occupational injuries, the condition can provoke significant anxiety. When caught early, activity modification and reduction of the mechanical load can halt the progression of the condition. If it has progressed further, massage is an ideal intervention for enhancing physiological change, as well as managing psychological and social impacts of this common malady. 

Notes

1. Wilson C. Lai et al., "Chronic Lateral Epicondylitis: Challenges and Solutions," *Open Access Journal of Sports Medicine* 9 (October 2018): 243–51, <https://doi.org/10.2147/Oajsm.S160974>.
2. Evelyn Bass, "Tendinopathy: Why the Difference Between Tendinitis and Tendinosis Matters," *International Journal of Therapeutic Massage and Bodywork* 5, no. 1 (March 2012): 14–17.

Whitney Lowe is the developer and instructor of orthopedic massage training programs. His text and programs have been used by professionals and schools for almost 30 years. Learn more at www.academyofclinicalmassage.com.

Zero Balancing

A Balance of Energy and Structure




For information on Zero Balancing, visit www.zerobalancing.com.

Zero Balancing is a body-mind therapy that uses skilled touch to address the relationship between energy and structures of the body.

Developed by Fritz Smith, MD, in the early 1970s, Zero Balancing follows a protocol that typically lasts 30–45 minutes. The practitioner uses finger pressure and gentle traction on areas of tension in the bones, joints, and soft tissue to create points of balance around which the body can relax and reorganize.

Zero Balancing focuses primarily on key joints of our skeleton that conduct and balance forces of gravity, posture, and movement. By addressing the deepest and densest tissues of the body, along with soft tissue and energy fields, Zero Balancing helps clear blocks in the body's energy flow, amplify vitality, and contribute to better postural alignment.

This bodywork, which focuses on physical structure and energy simultaneously, can help relieve body aches and pain, release restrictions in movement, and provide lasting relief from emotional distress to improve overall quality of life, according to the Zero Balancing Health Association. “Zero Balancing can also be helpful with specific goals such as relief from back pain, improving concentration or sleep, releasing unwanted stress, eliminating old behavior patterns, or boosting well-being.”

Zero Balancing expert David Lauterstein says because this work focuses with mindfulness on the deepest layer of the tissue, it often can evoke deep relaxation and the sense of inner peace. “Like a great yoga or meditation session, it can give rise to a sense of bliss, inner restoration, and a deeper contact with one's essence.” 

Adapted from www.zerobalancing.com

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