

Who is looking after you?

We can help!

**PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299**



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Let me start by asking you this: "Who is looking after you?" We have all made statements like "I just simply do not have the time", "I may just be used to the pain", or "I work through the pain". The fault with waiting the pain out is that the strain in our muscle tissue will still be there if left untreated, even if the majority of the pain has subsided. Everyone looks for a "quick fix" or a "band aid" however, these are temporary.

No one person should have to suffer with pain. We all know life can be a handful. We are always in a hurry and there never seems to be enough hours in the day. When we do have downtime it is usually focused on looking after someone else or finishing that task that never



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seems to get finished. The simple solution to taking care of the pain is to take time to take care of you!

Let us begin with the basics, the vessel that helps get you from point A to point B: your muscles! Therapeutic massage treatment is an individualized organic therapy that creates a supportive natural bond between client and therapist. The health benefits are endless: boosting of the immune system, aiding with sleep and the reduction of anxiety and depression, assisting in the prevention of muscle sprain/strain, increasing of circulation and lymphatic flow, aiding to the decrease of blood pressure, helping to improve respiratory function and finally, helping to manage pain, just to name a few. Therapeutic treatment has also been known to prolong effects of chiroprac-

tory and to help further improve the recovery for physiotherapy patients. Techniques are used to relax muscle tissue and the nervous system and to lengthen tight muscles that cause strain on hard working joints.

The techniques we use have been designed and collected from all corners of the world and developed over many centuries. To shed some light on the ancient recognition of the healing effects and techniques of therapeutic touch, in ancient Greece 129-199 AD massage was used to treat athletes before and after sport events and many books were written describing direction and frequency of treatment for frictions and remedial exercises. In China, 1000 BC, massage was used for fractures, injuries, diseases and wounds. Additionally, carvings

can be found in ninth century temples found in India that depict Buddha, the founder of Buddhism, being treated with massage.

Therapeutic touch has flourished through time helping millions of people like you every day! We are able to enjoy our active daily lives and live happier if we simply take the time to take care of ourselves and have a little "me" time. Furthermore, you have to take care of yourself first before you can successfully look after others. Make the change, pick up the phone today and let the organic healing begin!

We can help!

(Reference: Clinical Massage Therapy, by Fiona Rattray, RMT and Linda Ludwig B.A., RMT, March 2000, published by Talus Incorporated.)



Human Performance Centre

Achieve Your Best
... We Can Help.