

Life giving you a pain in the head?

We can help!

PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299



749 River Valley Drive
humanperformancecentre.ca

Great news! The Human Performance Centre is happy to announce that **Miranda Foster RMT** has joined our team as a registered massage therapist. She is excited to get to work and play an active role in improving or maintaining their health and well-being.

Miranda is an enthusiastic and caring person which will transfer well into her work. We invite you to book your appointment at 738-8299. Her therapeutic treatments include massage for stress relief, injuries arising from a motor vehicle accident or sports injury, headache, insomnia. As well as treat-



*Alexandra Sullivan, Massage Therapist, BA, RMT,
Personal Fitness Trainer*

If you have any questions or concerns for Alex, please contact her directly at alexandra.sullivan@humanperformancecentre.ca.

ing for the above she can do treatments that relieve symptoms and provide a moment of respite for specific conditions like fibromyalgia, multiple sclerosis, depression and arthritis.

This month we would like to pass along some information on headaches. There are many types of headaches and the tension headache is likely the most commonly known and under-addressed. Your head weighs a lot, like a ten pound bowling ball, and it sits on a base about one third as wide. Therefore the muscles that support the finite and intricate movement of the spine while balancing your head must be very, very strong. They are called the sub-occipitals and

they sit at the base of your skull. These are notorious for having trigger points in them. Your head is held on to your spine by more than just these muscles and they have a partner set in the jaw that function together and dysfunction together. The jaw muscles are known to get tight when you are under stress and clench your teeth, even while you sleep. What this partnership of tight muscles does is lays out a pattern of trigger points, tender spots and general immobility around the head, neck and jaw. We all know the feeling of tightness creeping up from the neck to our face. Clues like clicking in your jaw, throbbing and pain by the temples is common.

Massage can alleviate the tension in the muscles by providing an influx of oxygen rich blood to the stiff muscles making them more pliable and allowing your body to function at peak performance.

**Massage
Team
Associates:**

*Miranda
Foster,
RMT*



*Martin
Salkey,
RMT*



**Human
Performance
Centre**

Achieve Your Best
... We Can Help.