

# TSAWWASSEN MASSAGE THERAPY CLINIC

*servicing the community for over 20 years*

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### 1) ABOUT TMTC:

Tsawwassen Massage Therapy Clinic has been part of the medical community in South Delta for over 20 years. We are health care professionals committed to restoring and maintaining optimal health and pain-free function of the human body. Our therapists are all British Columbia Board Certified Registered Massage Therapists. RMT's will accurately assess and treat your chronic pain, injury rehabilitation and stress related issues with massage, joint mobilization and rehabilitative exercise, such as stretching, postural correction and patient education.

We have **early morning, evening and weekend** appointments available.

Most **extended health care** plans cover your massage therapy treatments with a Registered Therapist. Many people are unaware of the coverage available to them! Do contact your insurance provider to find the details of your specific plan as some may require a doctor's referral.

Thank you for your patronage. We look forward to being in touch with you.



## 2) CHRISTMAS IDEAS:

Struggling to find the perfect Christmas gift for that special someone? What to buy that person who has everything? A **Massage Therapy Gift Certificate** is always well received. We offer **Gift Certificates** in 30, 45, and 60 minute denominations or longer.

Give the gift of health this Christmas from the Tsawwassen Massage Therapy Clinic. Effective, caring professionals, serving the community for over 20 years.

## 3) FEATURE ARTICLE:



### INVITING TOUCH BACK INTO OUR LIVES

By Donna Yurkovich



Did you know that massage therapy stimulates the production of endorphins? You might ask why that is important. Well, these remarkable chemical substances that we produce in our brain act as opiates and as analgesia. Ultimately they reduce your pain and increase your sense of well-being.

Massage Therapy has gained a tremendous amount of recognition in recent years. Studies have shown that there are enormous physiological as well as psychological benefits from even a 15 minute massage. Not only will massage decrease pain, tension and anxiety, it will also increase alertness and improve performance. As such, many corporations and professional athletic associations are now offering massage therapy in the workplace and as part of regular training. Stronger, sustained touch can have an even greater effect. Massage can increase lymph flow rate. It enhances immune function and lowers levels of the stress hormones cortisol and norepinephrine. Massage also stimulates the vagus, one of 12 cranial nerves that influence various body functions, thus improving function of the organs of the abdomen.

The idea that touch can heal is an old one. Every culture in the world subscribes to a form of massage as a healing modality. The first written records of massage and its healing benefits date back 3,000 years in China. Hippocrates, the Greek physician known as the father of modern medicine was a strong advocate for massage stating that the physician must be experienced in many things, but most assuredly in massage.

It is important to remember about the power of human touch in our lives. Premature infants that are given a massage on a daily basis will be much more alert, active and responsive than babies of the same size and condition that

were not massaged. As well, nursing home patients who received frequent massages showed fewer signs of senility, and by stimulating the circulation and lowering the stress hormones, massage will ease the stiffness and pain in arthritic joints. For the rest of us in between infancy and old age, the benefits of massage therapy make a long list. Massage shows positive effects in treating migraines, diabetes, high blood pressure, anxiety, muscle strain, stiff joints, insomnia, digestive issues, chronic pain to mention just a few. These studies affirm what we already instinctively know – that touch is a primal need, as necessary for emotional and physical growth as food, clothing and shelter.

As psychiatrist James Gordon puts it “massage is medicine”. The sense of touch is the first one of our five senses to develop in utero, and likely the last one to leave us when we die. When we say that someone has touched us emotionally, it means he or she has gone to the core of our being. Physical touch too, is more than skin deep. There are as many as five million touch receptors on our skin, 3000 in a single fingertip – that send messages along the spinal cord to the brain. A simple touch – a hand on the shoulder, an arm around a waist – can reduce the heart rate and lower blood pressure. Human touch is perhaps as extraordinary as it is simple.

The human body has an amazing ability to recover and heal from illness and injury. Massage assists the body to function optimally so that it can restore itself and maintain good long-term health. Massage is medicine. The ancient Greeks knew it, babies know it, we all feel it instinctively. When we invite touch back into our lives the results are sometimes subtle, always positive and when we allow it, can be profound.

#### 4) Q & A:

**Question: Can the therapists at your clinic treat TMJ Dysfunction?**

**Answer: Yes!**

Temporomandibular Joint Dysfunction (TMJD) relates to the joint complex of the jaw. There is pain and sensitivity in the area associated with movement limitations. Findings can often include clicking or locking of the jaw, headaches and ear pain.

TMJD is often treatable and reversible with Massage Therapy. An examination by a Registered Practitioner would involve assessment of both the cervical spine and the TMJ and include postural considerations. Treatment would be based on these findings and could include intra-oral manipulation of the muscles, external massage and home care instructions.

Many local dentists refer their TMJD sufferers to the Tsawwassen Massage Therapy Clinic for treatment. When booking your appointment, please let the receptionist know you are seeking TMJD treatment. Massage Therapy by a Registered Therapist is an effective non-surgical treatment approach for TMJD and we have many success stories at our clinic.

**FEEL FREE TO CONTACT US AT [info@tmtclinic.com](mailto:info@tmtclinic.com)**

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