

## beating back pain

Are you tired of living with back pain? Do you feel like you've tried everything to get it under control? Do you limit your activities for fear of your back going out? I know that living with chronic back pain can keep you from going to work and from enjoying time with your family.

And you're not alone. At some point in our lives, approximately 80% of us will experience back pain. It is also the most common cause of limited activity (in those under 45 years of age) and of work related disability.

Orthopedic massage therapy can help! **Massage can reduce or eliminate your back pain and increase your range of motion**, helping you to move better, sleep better, and live more fully.

Research has shown that massage is a safe and effective way to treat your back pain. How does it work? In many cases, massage therapy goes right to the source of back pain, addressing its physical causes.

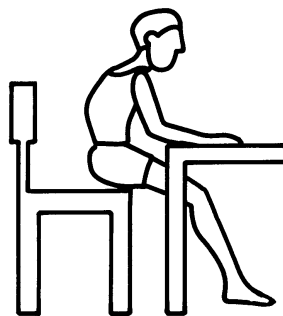
Massage relaxes tight muscles and releases weak muscles from their strain patterns, reducing spasm and promoting healing. If muscle imbalance, strain, and spasm are part of the problem, it only makes sense to treat it directly with massage therapy.

You may have myofascial trigger points involved in your back pain. Trigger points are areas of heightened sensitivity that develop in chronically strained tissues. They can be released with massage therapy.

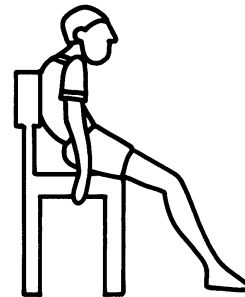
Massage also increases flexibility and range of motion, reducing stiffness and fatigue. This makes exercise more comfortable.

Strengthening your back, abdominal, and other postural muscles will protect you against further injury and pain.

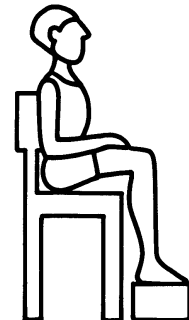
There may be other factors involved in your back pain, including postural or lifestyle habits, arthritis, trauma, or injury. Orthopedic massage and bodywork can help you to address these structural and functional components of back pain. *(continued...)*



200 lbs. Pressure



150 lbs. Pressure



100 lbs. Pressure



200 lbs. Pressure



100 lbs. Pressure



55 lbs. Pressure



25 lbs. Pressure

**positioning greatly affects the amount of pressure on your low back**

Mediclip image — all rights reserved

(Continued from page 1)

Massage can support your healing in many ways. Research has shown that massage reduces pain, even when it cannot affect the source of the pain – as in post-operative pain, for example.

Studies have shown that anxiety and depression can have a significant effect on back pain. Massage reduces stress, anxiety, and depression, providing support you need to relax and heal. Massage can also improve the quality of your sleep, an important factor in both healing and pain management.

As we learned in the last issue of *News and Notes*, a consumer survey recently published by *Consumer Reports* found that **massage offered more relief than medication for back pain.**

When combined with self-care measures and appropriate medical care, massage therapy can help you beat your back pain and get moving!

RACHEL OUILLETTE CLINICAL BODYWORK  
2350 WASHTENAW AVENUE, SUITE 22  
ANN ARBOR, MICHIGAN 48104

(734) 649-3060

WWW.CLINICALBODYWORK.COM

NEWS & NOTES

*Gift Certificates  
make great holiday gifts!  
10% off until Christmas*

*may not be combined with any other discount or coupon*

