

The Body Press



ON THE TABLE THERAPIES

Newsletter March 2016

A whole new way of treating you

Some of you may have experienced a technique that some massage therapists use called Direct Myofascial Technique (MFR). Essentially what this means is that the therapist is affecting the connective tissue that surrounds and is invested in all of the structures within the body. Fascia surrounds the bones, organs and all structures within us. It is the stuff that connects structures to other structures. So instead of visualising the body as lots of separate moving parts we know that due to the fascia everything really moulds into one another. Try not to think of us as having separate muscles but us as having one large muscle bag all over the body, with Velcro, tacks, and elastic bands at certain points that distinguish one bit from another. This bag which contains the muscle is the fascia. Can you see that as a result of this connectivity that

one moving body part very much influences another body part. When we stand and turn our body with our feet stationary we can feel a change in muscle tautness all through the body. Healthy fascia should glide on itself. Fascia that isn't so healthy gets stuck on itself. These adhesions are what, over time, cause stiffness and pain. What causes fascia to become adhered to itself? Well that can be anything from an injury a long time ago to taking on the same posture day in, day out. Both of these examples will cause the fascia to thicken in the lines of stress. A common example is the person who sits at a desk typing away at the PC for many hours. The head pokes forward, and the shoulders hunch up. If we analyse this posture we actually see that much of the spine bends forward, the muscles at the front of the neck are held in a locked long position, and the muscles at the back of the neck are shortened. The fascia will be thick at the back of the skull, across the chest and into the abdomen because this is where we shorten

when we sit at a computer for hours. The muscles in the front of the neck are locked long to hold up the head causing tender points in the neck and upper back. MFR helps to lengthen your shortened areas, by stretching and rehydrating the congested tissues. Think of a dried up sponge soaking up fresh new water. Your tissues become awakened and new range of motion can be experienced. MFR is not like a routine massage. You don't just lay there and be worked on. You are interactive through the session, you will be asked to move, you will be asked to describe what sensations you feel so that you can become more aware of your body. I am using this technique more and more with people to treat chronic pain and movement restriction. If you would like to know more or want to book your MFR treatment give me a call.

Remember that you can always book your appointments online. Visit the website and click on online Booking.

New Therapists. Don't delay book today to get the introductory offer

Exciting news, I have two extra therapists about to join the practice. Deb Bass will be practicing Bowen therapy and Imogen Moore will be practicing Therapeutic Massage. Deb is a qualified Bowen Therapist who holds a Certificate level IV in Bowen Therapy. She will be working at the clinic on Thursday's between 1pm and 5pm, starting on 17th March. She is doing a great **introductory offer up to and including 14th April, of just \$40 for a Bowen Therapy session**. The great thing about Bowen therapy done by someone trained through

Bowtech is that you know the treatment is going to be of a high standard and that any therapist will be able to follow another therapist's notes, and be able to follow up on another practitioners treatment. Both Deb & myself trained through Bowtech. You can book online with Deb, just make sure to select the service labelled "Bowen introductory offer with Deb" to guarantee the special price. Alternatively you can call Deb on 0437731081 to make an appointment. **Imogen Moore completed her student hours here at the clinic so some of you**

already know what a great massage therapist she is. Imogen will be joining us a little later in the year, hopefully by the middle of April. Imogen will be practicing Therapeutic Massage and working on Wednesday's. She will be running an introductory offer when she starts, so be sure to keep an eye on the website for further details. To avoid missing out you may want to make a provisional booking with Imogen, to do so give her a call on 0457 956406.



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Notice Board

Yoga Classes in Atherton: Yoga For All with Christina Balabin. Mon-Fri morning & afternoon ring for details Tel 0408531412

Awareness Through Movement (Feldenkrais) in Malanda with Grace Chapman Tel 07 4096 5546
 Uniting Church Hall, Mary St, Malanda
 Monday 10:30, Thursday 5:30
 Please ring to confirm times and confirm your place

Tai Chi Classes on the Tablelands for venues & times go to www.onthetabletherapies.com click on the 'Other Stuff' drop down menu then click on news

Sewing Machines repaired & serviced
 Paul: 0459 033 145

If you are or know someone who is a bodywork, movement or natural therapist we have a new group called the Atherton Tablelands Bodyworkers, Movement & Natural Therapists Group. Now with such a catchy title who could refuse to join this group!!

The group's main way of communicating is via Facebook. So if you want to join us just search for the group name and ask to join.

Our first meeting is on Saturday 19th March, 1pm to 5pm at On The Table Therapies, 25 Pink Street, Atherton
 This first meeting will give us chance to get to know each other and we are going to watch a dissection DVD produced by Anatomy Trains
 Please email me if you wish to attend christietonks@hotmail.com

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ZenSomatic

Mindful Moments - The Corn Story

And the word is...

As this newsletter has been sent by both snail and e-mail the lucky word can be sent by email, text or phone.

Email: christietonks@hotmail.com
 OR Text or phone (to 0459547681) the word below and win a myofascial release treatment valued at \$110

The **fifteenth** person to email, text or phone will win.

Good Luck! The word is:
NOODLE

Sorry but only the winner will be notified.

(Closing Date for your answer is Friday 25th March. Should less than 15 people have responded the last person to respond will win).

There once was a farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbours. 'How can you afford to share your best seed corn with your neighbours when they are entering corn in competition with yours each year?' the reporter asked. Why sir,' said the farmer, 'didn't you know? The wind picks up pollen from the ripening

corn and swirls it from field to field. If my neighbours grow inferior corn, cross pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbours grow good corn.' He is very much aware of the connectedness of life. His corn cannot improve unless his neighbour's corn also improves. So it is with our lives and our health. Our health can not improve unless each of our cells is being nurtured. The principle of this story starts with our inner environment and extends to our external environment, our families, our friends, our work

colleagues, our neighbours, our neighbours friends and all human kind. Those who choose to live in peace must help their neighbours to live in peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. Those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.