



Hilltop Therapeutic Massage, LLC

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Why Not Spring for a Massage?

It is said that March comes in like a lion and goes out like a lamb. It seems to me that our winter weather was pretty lamb-like, although many folks stayed pretty sedentary just because it was winter. Now that spring is on its way, I'm planning to enjoy our beautiful Colorado outdoors--I hope you are, too.

Dale Trower

Don't let back pain keep you from enjoying the season

It's time to pick up those golf clubs and garden tools. And, along with enjoying these and other outdoor pursuits, some of us may experience lower back pain as a result of using muscles that have been dormant during the cold weather.

You might be surprised to learn that lower back pain is often the result of weak abdominal, hip abductor and gluteus maximus muscles. Sore and painful muscles often occur because the "anta" muscle (muscle on the opposite side) is too weak to do its job; e.g., stress on the lower back needs to be counterbalanced by strong abdominals. Sometimes the "anta" muscle may be too tight—massage therapy can help loosen and limber these muscles.

Here are some exercises that can help strengthen the muscles needed to minimize lower back pain.

Transversus Abdominus (TVA)

This muscle, the deepest of all the abdominal muscles, helps maintain the spine's stability. Lie on your back with bent knees; knees and feet shoulder width apart. Pull your belly button in toward the spine, keeping the spine as neutral as possible (don't push it into the floor). Exhale and raise your arms to the ceiling as if trying to grab a bar over your head. Then, raise head and shoulders off the floor, to the point where the shoulder blades are barely touching the floor, and hold for 1 to 2 seconds. Inhale and lower head and shoulders to the floor. Repeat until fatigued, 4 to 5 days a week.



Gluteus Maximus

Yup--well-toned glutes are critical to lower back health. Lie on a table or bench with your hips and legs hanging off the end. Tighten a buttock on one side and extend that leg up toward the ceiling while maintaining a neutral spine position. Hold for 5 seconds. Repeat 4 to 10 times on each side, 4 to 5 days a week.

Gluteus Medius (hip abductor)

This muscle raises the leg at the hip and also supports the pelvis when standing on one leg. If it is weak, the opposite hip may tilt while walking. Lie on your side with your back against a wall. Pull the belly button in while holding your spine in a neutral position. Raise the leg toward the ceiling with toes slightly pointed while your heel maintains contact with the wall. Hold for two seconds. Release and repeat 10 times per side.

If you are experiencing severe back pain, check with your health care practitioner before starting these exercises.

Schedule two massages and save 20%

Why not spread the word about the benefits of massage and save money at the same time? Schedule one massage at full price and receive a certificate for a second at 20% off. The recipient may choose a one hour sports, Swedish or deep tissue massage. Gift massage must be purchased at the same time as full price massage and must be redeemed by August 31, 2006.

Offer Expires: August 31, 2006

There's more than one way to have a massage



***Sports Massage** is just one of the many types of massage available at Hilltop Therapeutic Massage. I generally use sports massage to help ease soreness that occurs after gardening, golfing or any other type of activity. It is also a great way to prevent injuries by making sure the muscles you use are toned and ready for whatever sport you participate in.

Other massage modes include:

***Swedish Massage** is perhaps the most widely known type of massage. Swedish massage utilizes long, slow strokes, called effleurage, along with rubbing, kneading and compression. These techniques relax the body by stimulating blood flow and relieving connective tissue adhesion.

***Lymph Drainage Massage** assists lymph in moving through and around damaged, blocked or missing portions of the lymph system. Lymph drainage is often employed to assist healing after surgical procedures. It is a very light and gentle technique.

***Deep Tissue Massage** can be effectively employed to work with a very muscular or large person, as well as those of any body type who find that deeper pressure is necessary or desirable to achieve muscle relaxation.

***Individuals with Special Physical Needs** are always welcome in my practice. I am able to work with wheelchair bound clients and those who may need assistance getting on the massage table.