

Treat Yourself Right – Articles for Wellness

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Member, Associated Bodywork & Massage Professionals

Carpal Tunnel Syndrome

Bodywork Treatment Proves Successful

Cathy Ulrich

It started as a vague feeling of numbness in her thumb and first two fingers, then progressed slowly to a definite tingling that woke her several nights a week. "It's not so bad on weekends when I have a chance to rest my arms, but it's now getting in the way of things I like to do at home," says Marie, who spends long hours during the work week typing at her computer keyboard. "I love to knit and cook, and I've had to curb these activities, as well."

Diagnosed with carpal tunnel syndrome, Marie displayed the classic symptoms: soreness in her forearms, pain in her hands at the end of a long day at the computer, and a feeling of tightness that had spread from hands and wrists all the

the same way many times a day over a long period of time, she has literally worn out the tissues involved in that motion. This type of injury -- called a repetitive strain injury, or RSI -- creates tiny tears in the fibers of the soft tissues of the body. While they don't immediately cause loss of function, these micro-tears set up conditions for chronic inflammation that will eventually manifest as pain, soreness, tightness, tingling, and burning.

CTS

The hand and wrist combination work together as an amazing, mechanical anatomical wonder. Imagine a set of ropes and pulleys that travel from the

Take rest; a field that has rested gives a bountiful crop.

-Ovid



Working at a computer keyboard for long hours each day can bring on carpal tunnel syndrome.

way to her elbows. And recently, she'd been getting headaches.

Marie has a couple of different options for treating the problem. "My doctor tells me he can operate, but the surgery isn't always successful," she says. "He recommends I try bodywork first."

Because Marie does the same motion in

elbow through the wrist to the finger tips. The muscles reside in the forearm, moving the fingers via long tendons that run through channels in the wrist. The nerves that send and receive sensory and motor information from the brain run alongside the tendons through these same channels.

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When bending or straightening a finger, these tendons slide back and forth, just like cables. When continually working at a keyboard and using the same motion in the same position thousands of times a day -- like millions of Americans do -- the cables begin to wear. And just like threads in a rope, some of the collagen fibers will tear. This process progresses until enough fibers are torn that the body develops inflammation in the tendons and sheaths. Swelling ensues, which pinches the nerves, producing the classic symptoms of tingling, swelling, and even loss of grip strength.

The Bigger Picture

The symptoms of carpal tunnel syndrome may reveal an even bigger problem. The nerves that carry sensory and motor information to the hand arise from the spinal cord in the neck, travel under the collar bone, through the armpit and elbow, all the way to the wrist. A nerve can become entrapped at the neck, shoulder, elbow, or wrist, and an impingement in any of these places can have a cumulative effect on the tingling felt in the hands. These entrapments are usually caused by poor postural habits. The soft tissues become shortened around habitual positions of rounded shoulders and forward head from working long hours at the computer and the channels where the nerves travel through the shoulders and arms can close down. Sound familiar?

Can Bodywork Help?

A recent study conducted at The Touch Research Institute at the University of Miami School of Medicine looked at the efficacy of bodywork in treating carpal tunnel syndrome. Researchers found that after the completion of four massage sessions, the participants experienced an improvement in grip strength and a decrease in pain, anxiety, and depression. Participants also showed improvement in specific medical tests used to diagnose carpal tunnel syndrome.

This landmark study verifies what bodyworkers have observed clinically for years: Massage -- and especially deep tissue techniques, such as neuromuscular therapy, Rolfing, and Hellerwork -- can reorganize the connective tissue fibers, break up scar tissue, and reduce or eliminate the cause

of inflammation. Soft tissue work helps realign these tiny fibers of the tendons and sheaths, and the body can then heal itself -- and ease or even eliminate carpal tunnel syndrome.

Bodywork to the entire arm, shoulder, and neck will also free soft tissues where hidden tightness can contribute to the problem. Soft tissue inflammation can travel through the continuous connective tissue framework from fingertips to head and even cause headaches -- as was the case with Marie. Massage can restore these tissues to normal function.

Other Considerations

In addition to bodywork, it's important to evaluate postural habits, work station positioning, and movement patterns. When workers become so focused on their work that they forget their bodies, they tend to maintain positions that

contribute to the cause. It's important to identify several ways and several positions to accomplish the same thing. Moving the mouse from one side to the other, even during the same day, can help prevent fatigue and tissue failure. Wrist rests and keyboard trays are important, and a regular stretching routine is essential.

Finally, along with exercise and good nutrition, include bodywork as part of your regular health maintenance program. Regular massage reduces connective tissue inflammation and prevents scar tissue from forming. Movement education, such as the Alexander Technique, Feldenkrais Method, structural integration, and Trager Approach can help correct postural issues that also contribute to the problem. Bodywork is a treatment of choice to keep carpal tunnel syndrome from slowing you down.



Massage and bodywork can help mitigate the symptoms of repetitive stress injuries, like CTS.

Why Buy Organic?

Is the Higher Price Worth It?

While shopping in your grocery store's produce section, you may notice the organically grown apples are pocked and not as big and perfectly round as the conventional produce, but they are more expensive. What's the difference, and which do you choose? Your decision may significantly impact not only your health but the health of the planet and the economy.

DEFINING "ORGANIC"

Organic foods are derived from sustainable farming practices that maintain and replenish soil fertility without the use of toxic pesticides and fertilizers. These foods are minimally processed and do not include artificial ingredients or preservatives. On the other hand, conventional farms often rely heavily on pesticides, genetic modification, synthetic hormones, and antibiotics.

DOES IT REALLY MATTER?

To understand the fallout of conventional farming is to realize the argument for organics. Bob Scowcroft,

executive director of the Organic Farming Research Foundation, touches on the devastating consequences of pesticides. "DDT nearly eliminated the American eagle by affecting their ability to reproduce" he says. "Since World War II, we've introduced more than 9,000 chemicals into the environment. And we don't know the full impact on humans and different sized humans," he adds, alluding to studies revealing damaging effects on children.

When you buy organically certified foods, you're ensured they are free of pesticides, hormones, antibiotics, and genetic DNA modification.

"Organics are better for the environment, and it's an investment in the revitalization of rural America," Scowcroft says. Organic farms are usually smaller, family-owned farms contributing to the economy of struggling rural America, he explains. The organic choice may be a little more expensive, but it's an investment in your health and the future.



Organic foods are free of pesticide residue.

Shea Butter

For Your Complexion and More

Shelley Burns, N.D.

Shea butter comes from the nut of the shea tree (pronounced shay) found in the tropics of Africa, primarily West Africa. It offers many benefits as a topical moisturizer for skin and hair, and improves other skin problems and appearance.

As well as providing relief from minor dermatological conditions like eczema, lesser burns, and acne, shea butter can be used as a natural sunscreen and for stretch-mark prevention during pregnancy. Other benefits include the evening out of skin tone, reducing blemishes, and restoring skin elasticity.

Shea butter easily penetrates the skin, allowing skin to breathe without clogging pores. It contains high

concentrations of linoleic acid, which provide skin protection at a cellular level, as well as vitamins A, E, and F, which protect against premature wrinkles. Vitamin F in shea butter also soothes rough, dry, or chapped skin.

Healing though it may be, shea butter undergoes a rigorous path in its journey from overseas to the faces and bodies of your clients. The fruit from the shea tree is cultivated, cracked, grilled, pounded, and boiled. The shea butter is then scooped out of the nut and left to cool.

Properties of shea butter include unsaponifiables--substances that cannot decompose into acids, salts, or alcohol. For that reason, shea butter is extremely

absorbable, even more so than soybean and avocado oils.

There are three types of shea butter extraction and just two of the three end products of these extractions should be used. Unrefined shea butter in its pure form is yellow. Refined shea butter is processed but still contains many of its natural components. Either is fine to use. Highly refined shea butter may well have lost its healing properties and can include such solvents as hexane, which may cause nerve damage. It is pure white and should be avoided. Another note of caution: shea butter is not recommended for people with nut and latex allergies, and some experts also discourage its use by people with chocolate allergies.

A quotation is a handy thing to have about, saving one the trouble of thinking for oneself."

-A.A. Milne

The Lansing Farmers' Market is back and we'll be there beginning June 25th. Saturdays 9 - 12:30 at the Town Hall Parking Lot (29 Auburn Road). There will be beautiful flowers, produce, arts and crafts, and, of course, massage. Come try a sample of Joseph's work or visit us at our new studio at 108 W. Buffalo Street, 2nd Floor, in Ithaca.

Call today to book your massage. 607-379-1639

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