



The LadyBug

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Clinic Hours & Holidays

Jessica -
Monday to Thursday
12 pm - 8pm
Friday 9am - 6pm

Elke -
Wednesday and Friday
10am - 8pm

The clinic will be closed on
Monday October 9th for
Thanksgiving Day

We will also be closed for holidays
December 23rd to January 1st,
reopening January 2nd.

Speaking of Holidays...

Why wait until the last minute? You can pre-order your Christmas gift baskets now, allowing us to budget our time and supplies accordingly, then start crossing some names off your list!

SOCCER UPDATE

We are thrilled to have been able to sponsor a team in the Cobourg girls minor soccer league this past summer. Our group of young ladies finished third in their age category, but more importantly they ran, kicked, sweated and HAD FUN!

In other soccer news,
Italy won the FIFA world cup.

Who's in charge here?

An acquaintance recently talked to me about going to a massage therapist for the first time: "Is it normal to be gritting your teeth and clenching your fists in pain during a massage?" they asked.

"Not usually," I answered.

"What about bruises? Is that normal?" they asked, "My hips were black and blue for a week!"

"Well, if you had some very tense hip rotator muscles and you bruise very easily, you might experience some bruising. The therapist would have used a great deal of pressure to access those deep muscles," was my reply. "What were you seeing them for?"

"Oh, just for a relaxation massage. My extended health benefits pay for it, so I thought I should start going."

Wait just a minute now! By this time I was beginning to feel that this person had been mistreated by their therapist in several ways. All of which come back to one concept, which is central to the practice of massage therapy, known as INFORMED CONSENT. What this means is that you have the right to refuse or change any part of a treatment you are having or will be having. This is based upon the therapist explaining to you in clear detail what they will be doing during the course of the treatment. It is not just a matter of courtesy but a legal requirement for registered massage therapists in this province. YOU are in charge. In this particular case, the client did not consent to the depth of pressure being used, nor did they consent to having their buttocks massaged. Certain areas of the body are considered 'sensitive areas' and are not treated without your express consent. These include the buttocks, abdomen, front of the neck, and the chest area. Other areas may be sensitive to you and you have the right to refuse treatment of them. I have often had clients refuse foot massage due to ticklishness and even one who could not stand to have their forearms touched. This is perfectly acceptable. A responsible massage therapist should always give you the opportunity to understand and, if necessary, modify your treatment both before and at any time during its course. Should you ever find yourself feeling uncomfortable with what is going on in a massage, take charge of the situation and speak up! It's your right, and it's the law. For more information on informed consent, or if you have a serious complaint about your treatment by any R.M.T., contact the College of Massage Therapists of Ontario. Their role is to protect the public through regulation of our profession and a formal complaints procedure is in place.

As for my acquaintance, I advised them to communicate clearly with their therapist about what they want from any future massages, or to come to LadyBug for a really great one!

For some good old-fashioned country entertainment, may we suggest a visit to a Fall Fair?

Roseneath Fair – Sept. 30th & Oct. 1st
Norwood Fair – Oct. 7th-9th.

New in town...

We are pleased to welcome Erin Dolan R.M.T. to the massage therapy community in Cobourg, where she has recently opened her shop 'Thrive'. Erin comes to us via Vancouver, and brings along 10 years of experience as a massage therapist and businesswoman.

THE SHELTER VALLEY FOLK FESTIVAL



Thank you to all that came out for the 3rd Annual Shelter Valley Folk Festival. Despite the weather we had a record number of people in attendance. We look forward to seeing you out again next year. Mark your calendars now for Labour Day weekend 2007!



FROM THE RETAIL CUPBOARD: 'FLAXPAX' THERAPEUTIC FLAX PILLOWS

These versatile packs can be heated in the microwave or cooled in the freezer to relieve whatever pains you. The outer casings come in a variety of lovely prints, and are removable for washing. Great as a gift or to treat yourself!

YOU ASKED....

"When should I use heat and when should I use cold for muscle pain?"

The use of heat and cold in the treatment of muscle pain falls under the category of 'hydrotherapy'. The appropriate hydrotherapy application is usually dictated by the degree and stage of inflammation you are experiencing. The three stages of inflammation are: acute, sub-acute, and chronic.

Acute stage- This happens immediately after an injury, or can occur when an activity or event causes an old injury to 'flare up'. The acute phase lasts up to three or four days and is characterized by redness, swelling, heat, pain and loss of function. COLD is the hydrotherapy of choice in this stage, such as an ice pack or cold compresses.

Sub-Acute stage- From two days to three weeks after an injury we are in this stage of healing. The symptoms are beginning to diminish, but can increase again if too much activity is done too soon. CONTRAST hydrotherapy is used to increase circulation and drainage of the injury site. Initially, we suggest the use of alternating warm and cool applications, progressing to stronger hot and cold hydrotherapy as the healing continues.

Chronic stage- For up to one or two years after an injury we are in the chronic stage of healing. Inflammation is resolved, but pain and decreased function can persist. Inflammation may also become chronic if the offending agent is still present, as is the case with arthritis or repetitive strain injuries such as tendonitis. HEAT is the usual recommendation in this case, however contrast hydrotherapy treatments may also be helpful. Cold is recommended when a chronic injury is in flare-up due to some aggravating factor.

While this may give you a general guideline for the use of heat and cold, you may find through trial and error that one or the other works best for you. It is also wise to consult with a health care professional if you're not sure. We are always happy to give advice on a self-care program for you, which often includes hydrotherapy.

The BENEFITS of Massage Therapy

For those of you who are fortunate enough to have massage treatments covered by your extended health benefits, you may wish to look at the remaining dollar amount for this year. Every year we receive a flurry of calls in the final weeks of the year from clients hoping to "use up" their benefit dollars. Book those appointments over the next three months rather than waiting until December. Unfortunately we can only accommodate so many appointments, as we close for some precious family time between Christmas and New Year's. Don't be disappointed! Plan the rest of your year's massage schedule now.