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## A WORD FROM THE LADYBUG...

As the season changed this fall, so too, did a few things here at the clinic. Elke and I have been joined by Marissa Wopereis and Darleen Packard. You will get the chance to learn more about our expanding staff as you read on through the newsletter. As a result we now have the opportunity to offer more treatment times and it gives me the opportunity to take a few nights off. Since starting my practice I have offered appointments until 8 pm, four to five days a week. After nine years I have decided to reduce the number of days I treat clients to three. I will now be working Mondays and Wednesdays until 8 pm and Fridays until 6 pm. This will give me more time to manage our growing clinic and the opportunity to accommodate changes in my life. This change has already impacted my clients who previously regularly booked appointments on Tuesdays or Thursdays. I appreciate that some clients will prefer their treatment time, while others will prefer their therapist. With four therapists on staff we hope to make any upcoming changes easy on our clients. You may still spot me on Tuesdays and Thursdays as I will be putting in time managing the clinic as I always have. As well Elke's clients will be taking a few more steps to get to her treatment room, as she has moved from Treatment Room 2 into Treatment Room 3. Her clients will now have the benefit of receiving their treatment on a table with a hydraulic lift that will make getting on and off the table a bit easier. We look forward to the exciting changes ahead and are doing our best to make these transitions as seamless as possible for all our valuable clients.

Jessica



## Clinic Hours & Holidays

Door open by chance or appointment.

### Hours of Operation

Jessica

Monday & Wednesday 12 pm-8 pm  
Friday 10 am-6 pm

Elke

Tuesday & Thursday 10 am- 8 pm

Marissa & Darleen

Variable Hours

### Fall/Winter Holidays

The clinic will be closed for:

Christmas Day Saturday December 25

New Year's Day Saturday January 1

Family Day Monday February 21

Good Friday April 22

Easter Monday April 25

And the clinic will be closed for renovations  
for 1 week in mid April

## Welcome to our new Therapists

Marissa Wopereis was born and raised in Cobourg, and is eager to begin her career in her hometown. She graduated from the two-year massage therapy training program at Sutherland-Chan Massage Therapy School and Teaching Clinic in Toronto. Her program included specialty clinical practice working with clients with multiple sclerosis, chronic pelvic pain and high-risk pregnancy. She has also completed training in advanced sports techniques, which compliments her own interest in sports, which include hockey and cycling. She is also interested in pursuing training as an infant massage provider.

Darleen Packard was born in Scarborough and spent time growing up in both Peterborough and Colborne. She graduated from the three year massage therapy training program at Sir Sandford Fleming College in Peterborough, where she worked in a varsity clinic treating athletes from various sports teams including soccer, volleyball and curling. She also provided treatments for clients affected with cerebral palsy, osteoarthritis and degenerative disc disease among other chronic injuries. She would like to expand her training to become more involved in both sports therapy and pre-natal treatments.

As new graduates they have a fresh, enthusiastic approach which augments the experience and insight offered by the other therapists.

## 'SPOTTED' AROUND TOWN

The travelling ladybug massage show is in high gear this fall. Jessica, Marissa and Darleen were spotted at the United Way Dragon Boating September 25 providing massages to the wet and weary paddlers. Marissa and Darleen were out and about in October at three different county buildings providing massage treatments in honour of Healthy Workplace Month. See if you can spot the whole gang out on November 21 for the Cobourg Santa Claus parade as well!

## Gift Certificates

During the week of December 20-24 we will have additional desk staff to ensure that you will be able to purchase your Christmas gift certificates. Our additional availability will be listed on our clinic door and our answering machine. If you are unable to shop during those hours please let us know and we can arrange for special pick up.



## What if your Therapist is too busy to see you?

LadyBug Massage Therapy offers the combined services of Jessica Westbrook, Elke Van Meer, Marissa Wopereis and Darleen Packard. All are available to treat you. If you have a preference for a certain therapist, we recommend that you book your appointments in advance. If however, you are unable to see your preferred therapist, please feel free to make an appointment with whoever is able to treat you. In an effort to ensure prompt treatment, it is clinic policy to offer you an appointment with any available therapist. This is intended for your convenience and you are free to decline if you wish to wait for your preferred therapist. Are you finding it difficult to get your preferred therapist and time? We now have our 2011 appointment book in the clinic. We have many clients that pre-book their entire year of massage before the New Year. If a conflict should arise later, we require only 24 hours notice for a cancellation or you can move your massage appointment as soon as you become aware of a problem. Please let us know if you are interested in pre-booking.

## Pregnancy Massage

We often receive calls requesting pre-natal massage treatments, and we are thrilled to be included in the care of expectant mothers at this exciting time in their lives. Pregnancy massage is a part of the training received by all massage therapy students in Ontario, so any RMT is competent in treating moms-to-be. In general, pregnancy massage is not all that different from standard massage treatments. The main difference is the positioning of the mother during the second and third trimesters, when her abdomen is too large to allow her to lie comfortably in a face-down position. This is easily accommodated by having her lie on her side with a lot of extra pillows for comfort and stability. Once the expectant mom is comfortable, we treat any number of aches and pains that may arise due to her changing posture as a result of her condition. For example sore feet and legs, hip and low back pain, or upper back, shoulder and neck tension and headaches. Reflexology treatments are also a possibility during pregnancy. Through the manipulation of reflex points located on the feet which affect all the organs and systems of the body, this foot-specific massage can help with foot pain as well as addressing nausea, headaches and promoting general wellbeing. While most pregnancies are problem-free and progress naturally towards their joyous endings, there are complications which may arise. Massage therapists are not generally in a position to treat any of these issues, however we may be helpful in alerting the mother to impending situations which might require medical intervention. One example might be the development of pregnancy-induced hypertension (PIH), or high blood pressure. We may suggest taking a blood pressure measurement before or after a massage if symptoms indicate a possibility of this problem. Measuring blood pressure is also part of our standard training. Before any massage we ask a lot of questions, and this is the perfect time for an expectant mom to share any symptoms she has experienced; even if we cannot treat the issue, we may be of some assistance by shedding some light on the cause and alerting her to the need for intervention. It is always such a pleasure to be a part of a woman's health care team at this time!

## You Asked...What is Chiropractic?

Chiropractors practise a drug-free, hands on approach to health care that includes patient assessment, diagnosis and treatment. In particular chiropractors assess patients for disorders related to the spine, pelvis, extremity joints, and their effect on the nervous system. Chiropractors are trained to recommend therapeutic exercise, to utilize other non-invasive therapies, such as massage, as well as to provide nutritional, dietary and lifestyle counselling.

An 'adjustment' is the most common form of treatment used by chiropractors in clinical practice. Also known as spinal manipulative therapy, an adjustment is a non-invasive, manual procedure. An adjustment is a carefully controlled procedure delivered by a skilled practitioner to dysfunctional spinal or extremity joints. The primary goal is to decrease pain and restore function by improving areas of reduced movement in the joints and supporting tissues, and decreasing muscle tightness or spasm.

For many conditions, such as lower back pain, chiropractic care is frequently the primary method of treatment and, where other conditions exist, chiropractic care may complement or support medical treatment by relieving the neuromusculoskeletal aspects associated with the condition. There are many reasons to seek chiropractic care:

- Back pain
- Neck pain
- Headache
- Whiplash
- Strains and sprains
- Repetitive strain injury (RSI)
- Work and sports injuries
- Arthritis
- Limited range of motion in back, shoulders, neck or limbs

A combination of massage therapy and chiropractic care can provide a more complete health care treatment plan for clients. Please ask your massage therapist for more information.