



A WORD FROM THE LADYBUG...

We head into this spring celebrating six years as LadyBug Massage Therapy. We have of course had our challenges over the years but thanks to a great group of therapists and loyal clients, we are a successful thriving clinic. With a staff of four therapists we are happy that our regulars can be treated in a prompt timeframe and we have been able to accommodate a large number of new clients at the clinic.

This past February the clinic was again nominated for The Chamber of Commerce Business Achievement Awards in the category of Health and Wellness Business of the Year. While we did not walk away with the award, we were honoured to have been nominated and to be in the running with so many wonderful businesses.

Please note we now have regular Saturday hours with Marissa available from 9 am to 12 pm and Darleen available from 11 am to 5 pm. While we do our best to accommodate call ins and walk ins, we recommend advance booking for these spaces.

The clinic will be closed April 21st to April 27th, reopening at 10 am on April 28th, as we will be undergoing a refreshing renovation. Please plan your next appointment to accommodate this.

To wrap it all up, I would like to extend a big Thank You to my team here at LadyBug. Having a wonderful group of people who make coming to work and managing a business so rewarding and enjoyable is a real treat!

Jessica

Clinic Hours

Door open by chance or appointment.

Jessica

Monday & Wednesday 12-8 pm

Friday 10am-6 pm

Elke

Tuesday & Thursday 10am-8pm

Marissa

Monday – Saturday, variable hours

Darleen

Tuesday – Saturday, variable hours

Spring/Summer Holidays

The clinic will be closed
on the following days:

Thursday, April 21st – Wednesday, April 27th,

re-opening Thursday the 28th

Monday, May 23rd – Victoria Day

Friday, July 1st – Canada Day

Monday, August 1st – Civic Holiday

Monday, September 5th – Labour Day

A Common Condition We Treat

One of the condition's we treat is called Upper Crossed Syndrome (UCS). It is often caused by chronic bad posture, and is indicated by rounding of the shoulders, the head leaning forward and curving of the upper back. This is usually common in the elderly, but can also be found in office workers and even athletes. With this condition the muscles in the upper back and neck become lengthened and weak, while the muscles in the chest become shortened and tight.

Do you have Upper Cross Syndrome?

A lot of the time people don't know that they have UCS until they begin to experience certain symptoms. These include headaches, muscle pain, numbness and tingling of the fingers, a weak grip and fatigue in the upper back and neck. This condition can occur from standing for long periods of time, working at a desk or constant slouching.

What can I do to prevent or fix UCS?

Practicing proper posture can prevent UCS. This includes keeping your head aligned with the spine and having your shoulders back and down. If you already have UCS then you want to focus on correcting your posture. To do this the muscles that are shortened on the front need to be stretched. The lengthened and weak muscles of the back need to be strengthened through exercise.

How can Massage Therapy help?

Massage treatments will strengthen and stretch the problem areas, making self-care more effective. Massage is great for lengthening the shortened areas while decreasing any scar tissue that has formed. With UCS there is connective tissue that becomes tight after being in a shortened position over time; this scar tissue needs to be broken up by massage techniques. The upper back is where most people feel their pain, which is caused by tension (knots) from the muscles being weak. Massage can help decrease the tension, making it easier to strengthen the weakened muscles. Massage can decrease tension that tends to be at the base of the skull as well.

Please ask your therapist if you are concerned you may be experiencing UCS. We can show you proper self care such as what good posture looks like and stretching techniques.

'SPOTTED' AROUND TOWN

As so often happens, we've been out and about in the community. The entire team of therapists recently attended a Women's Night in Alderville and provided massage therapy to the participants. For some it was quite needed as they had taken advantage of trying out the mechanical bull that had been brought in for the night!

Again this spring you will also see our LadyBug soccer team out on the fields. This year we have sponsored a girl's team in the "Under 15" division of the Cobourg Soccer Club.

This year is the 10th Annual Waumer Walk supporting A.L.S. research. Come out May 1st to Victoria Park in Cobourg and support local families living with A.L.S.

Table Talk-Massage Humour

1-Massage Therapist: Let me know if that's too much pressure. I don't want to torture you. That would be an added charge.

2-Massage Therapist: Is the pressure okay?

Client: How will I know if it's not "okay"?

Massage Therapist: If you see dead relatives beckoning you toward a bright light, that would be one clue.

You Asked: How do I choose the best pillow?

A very common complaint when a client arrives for a massage is upper shoulder and neck pain. When we question them about possible causes, a very common answer is "I just woke up with it". Could your pillow be responsible for your pain? Definitely! Considering you spend hopefully 7 or 8 hours a night on it, your pillow can have a profound effect on the state of your neck and shoulder muscles. So how do you choose the right pillow for you, and wake up without undue pain? There are several factors to consider, all of which revolve around supporting your spine in the best state of alignment. Your neck is a part of your spine and ideally should be in a straight line with your back when sleeping to avoid over-stretching or compressing the muscles, leading to strains, trigger points, or just plain 'knots'. Here are some points to consider when searching for the best pillow for you:

1. What is your usual sleep position?

The three common possibilities are back, side, or stomach. Your preferred position determines the thickness and firmness of pillow you should look for. In general, side sleepers need the firmest and thickest pillow, stomach sleepers should look for thin and soft pillows, while back sleepers fall somewhere in the middle.

2. How big are you?

Pillows come in several sizes, usually standard, queen and king or small, medium and large. Your body size can help determine the size of pillow you will find comfortable. You may also want a larger pillow if you tend to move around a lot in your sleep.

3. The type of filling in the pillow.

The three most common pillow stuffing's are down (or feathers), fibrefill or foam. Generally, down is the softest, lending itself well to back or stomach sleeping. Foam is the firmest choice, giving good support to side sleepers, while fibrefill is in the middle. There are a few other possibilities, including memory foam, which is firm but conforms to your body shape, water pillows which can be adjusted for firmness by adding or removing water, and natural fillers such as buckwheat hulls which can conform to your shape like feathers, and are also good at keeping you cool.

Confused yet? The number of choices in the world of pillows can easily become overwhelming, but by considering these points we hope you will be able to narrow it down and make an informed decision. The price range is equally broad, but hopefully cost is not your motivating factor. Think of a really good pillow as an investment in your well-being! Whichever pillow you choose, give it a week or two to see if it is truly a good fit.

Here are a few other points to consider when you hit the sack:

Back sleepers- Placing your pillow under both the upper shoulders and the head can keep your neck straighter. Also, a second pillow under your knees will reduce the curvature of the lower back and decrease pain in that area.

Side sleepers-Place your pillow between your ear and shoulder, rather than resting the shoulder on the pillow, as this will compress the neck muscles on that side. You can also use a second pillow between your knees to raise the upper hip, bringing the pelvis and lower back into alignment.

Stomach sleepers-This is the least ideal position for your spine, as it forces you to turn your head 90 degrees to the side, twisting the spine. However, if this is the only position you find truly comfortable, there are things you can do to make it less of a pain in the neck. You may find that a very thin pillow, or no pillow at all, under your head is a help. Also, try using a pillow under the lower abdomen or hips to decrease pressure there. A body pillow may alternately help by lifting one side of your body and decreasing spinal twist while still giving the comfort of lying face-down.

Whatever pillow you choose, we wish you sweet dreams!