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balancecorporatemassage

balancemassage

Newsletter April 2007

Issue 18

www.balancemassage.co.nz

Perfect Products for you

Wheat bags: \$15

Perfect heat for those tired muscles

Ice packs: \$12

Cool down inflammation and speed up recovery

Antiflamme crème: \$11

At home rub when you can't get into balance

Lizzie Bee Soaps, Lotion, Bath Bombs and Body Scrubs:

From \$8 The perfect gift

Ever woken up with a stiff neck?

You may be suffering from "Acute Wry Neck" .

This can be described as a sudden onset of sharp neck pain and limitations of movement. It can occur after a sudden, quick movement or on waking. There may have been unusual movements or prolonged abnormal postures prior to the onset but not necessarily.

There are two types of Wry Neck:

1. **Apophyseal wry neck**; where the patient presents with a fixed neck deformity: usually flexion, rotation, and lateral flexion away from the side of the damaged joint. The patient is unable to correct the abnormal posture due to pain and muscle spasm. Initial treatment would consist of reducing the muscle spasm and pain through massage, ice and possible electrotherapeutic modalities such as TENS. Then the possibility of manipulation or mobilization is assessed and utilized by the appropriate therapist.
2. **Discogenic wry neck** ; more likely to be gradual onset and classically occurs on waking after a long sleep in an awkward position. Pain is often felt in the lower cervical or upper thoracic region. Treatment can consist of traction away from the site of pain. There maybe trigger points which respond well to massage and will reduce any radiating pain.

Once you have had some treatment to ease the muscle spasm and increase range of motion some pain relief may be required to calm down any inflammation and speed your recovery. Ice and heat can also help. Then moving into gentle stretches to continue to improve range of motion.

If this is a common occurrence for you, you also may want to consult a chiropractor or physiotherapist to get x-rays of your cervical spine to rule out any structural or disc problems that maybe contributing to the reoccurrence. So remember if you wake up with a stiff neck:

1. Apply ice or heat
2. Make an appointment for a massage
3. Take pain relief if needed
4. Get your spine checked if this is a common occurrence

Book yourself in a Facial Radiance with Lynda!

Lynda Davenport is available Wednesdays from 1.30pm till 7pm and now Saturdays from 9.30am till 1.15pm. If you haven't yet tried a Facial Radiance; you must! Lynda is

from 9.30am till 1.15pm. If you haven't yet tried a Facial Radiance; you must! Lynda is offering a **complimentary half hour session for new clients for the rest of April!** Release anti-aging stress from your face and leave with a more youthful refreshed face!! **Phone the clinic today 378 0059**

Congratulations to our Balance Clients

Auckland Half Ironman: Congrats to Jo Tacon (who came 2nd in her age group) and Susan Jackson in completing this challenging event on a spectacular day from Maraetai to Kawakawa Bay.

National Triathlon Champs: Congrats also to Spencer Vickers who finished 5th in his age group at the National Triathlon Champs in Wellington and 2nd in the series!

Good luck to Glen Larsen competing at Xterra this weekend and our own Lisa Buchan doing the swim leg of the team triathlon at Xterra and good luck to Chris Jefferies competing at the Rotorua Marathon April 28th. Best of luck also to Karen Newman competing in the Sparc Women's Duathlon this Sunday!

Does your Mum deserve the best?

Mother's Day May 13th

Balance Gift Baskets

Relaxation Gift Basket: massage voucher, gorgeous bath bombs and hand-made soap and a lavender scented wheatbag!

Sporting Performance Gift Basket: massage voucher, reflex ball, ice pack and anti-flame, Elite Ozone refresh oil.

Choose yours today!

Coming soon;

balance massage's new website!!

This newsletter is intended for general health information and should not be relied upon without further specialized advice.

To unsubscribe: reply with "unsubscribe" in the subject line. Thank you.

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