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balance**massage**

Newsletter June 2007

Issue 20

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

Gift Packs!

Relaxation Pack

Massage voucher, soaps, wheatbag, bath bombs

1/2 hr \$70 1 hr \$95

Sport Recovery Pack

Massage voucher, ice pack, recovery rub, anti-flame crème, self-massage ball.

What are the Rotator Cuff Muscles?

The rotator cuff is a group of muscles which work together to provide the Glenohumeral (shoulder) joint with dynamic stability, helping to control the joint during rotation.

The rotator cuff muscles include:

- Supraspinatus (not shown)
- Infraspinatus (top image)
- Teres Major (top image)
- Subscapularis (bottom image, as seen from the front through the ribs)

Due to the function of these muscles, sports which involve a lot of shoulder rotation; eg: bowling in cricket & swimming often put the rotator cuff under a lot of stress.

The two most common problems are **tears** of the tendons / muscles and **inflammation** of structures in the joint.

Acute Tear

This tends to happen as a result of a sudden, powerful movement, such as falling onto an out-stretched hand, sharp thrust movement or powerful pitch/throw. Symptoms include:

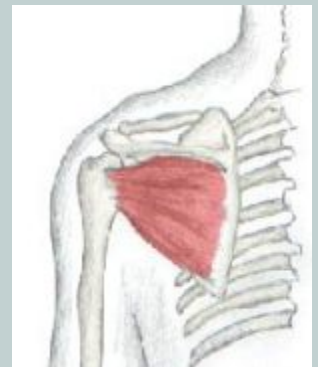
- Sudden tearing feeling in shoulder
- Severe pain for a few days(due to bleeding /muscle spasm) usually resolves quickly
- Specific tenderness
- If it's a severe tear, you will not be able to raise your arm out to the side without help.

Inflammation

- Characteristic deep ache which feels like it is in the joint
- Less specific, more diffuse pain, with local area tenderness
- Gradual onset
- Sometimes can lead to tear if left untreated

General Recovery for both problems

- Rest
- Ice; at least 3 times a day especially in the acute stage (immediately after trauma) apply ice for no more than 15 minutes using appropriate ice pack to avoid ice burns



massage ball.

1/2hr \$85 1hr \$110

- Ice; at least 5 times a day especially in the acute stage (immediately after trauma) apply ice for no more than 15 minutes using appropriate ice pack to avoid ice burns.
- See your physio for initial diagnosis, treatment and exercise prescription
- See your massage therapist for follow up recovery massage and maintenance. *

Movie Fundraiser Night

Being a part of the BNI business network we like to show our support to the community every year and Hospice is BNI's chosen charity. Hospice do a fabulous job every year in taking care of terminally ill patients.

This year my BNI chapter :The Viaduct chapter, are putting on a movie night at the Bridgeway Cinemas on Northcote Point to raise money.

Please contact Jane if you would like to come along to see a fun movie and show your support to Hospice. Below are the details:

When: Sunday 24th June

Time: 5.45pm arrival for a 6pm start

Where: Bridgeway Cinemas, 122 Queen Street, Northcote Point.

What: "Starter for Ten" a light hearted British movie about a first year university student who's dream it is to go on University Challenge game show. Set in 1985, so it will be a laugh even just for the fashion!!



Cost: \$20

Contact: Jane at Balance 378 0059 or cell 021 526 302 or email <mailto:jane@balancemassage.co.nz> ?subject=Movie night

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

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* information taken from www.sportsinjuryclinic.net