

Remedial and Sports Massage addresses muscle imbalances, which occur when the body is continually fixed in one position (poor posture) or involved in repetitive actions – golf, tennis, piano playing, computer work, lifting, driving etc.

Remedial Massage is a treatment that can be applied specifically to help prevent an injury or the recurrence of a past injury as well as treating the injury itself.

Advanced Remedial Massage Therapists have more skills and training and they add Muscle Energy Techniques. Positional Release, Impact Therapy and more deep soft tissue work to their Remedial Massage toolbox. The aim is to bring the body into balance using specific positioning and the Client's muscles to bring the body into balance, gently and effectively.

Advanced Remedial and Sports Massage therapists treat and educate on management techniques for back and neck pain, headaches, referred pain, overuse injuries and postural complaints.

Reflexology helps the body to heal itself. Following illness, stress, injury or disease, the body is in a state of "imbalance", and vital energy pathways are blocked, preventing the body from functioning effectively. Reflexology can be used to restore and maintain the body's natural equilibrium and encourage healing.

Organs and body parts are represented on specific points on the feet thus problem areas can be treated/worked. Relaxation benefits are to be experienced!

Osteopathy is the science of human mechanics. It is a system of diagnosis and treatment which lays main emphasis on the structural and mechanical problems of the body which affect all organs and our day to day living. We are not here just to digest, secrete, excrete, circulate and breathe but we do so much more and are so much more.

We are a reflection of our actions! Our muscles, bones, joints and ligaments adapt to the demands we make – from cycling, to running, to cooking, to working – manually or at computers, to writing and speaking. Misalignment of the spine bones causes nerve stress – the electricals that ultimately fire your muscles. We work to correct spinal nerve stress using manipulation.

The osteopath assesses and treats faults that happen due to injury, stress or other causes. We want your body to work like a fine tuned engine with the minimum of wear, tear, stress and energy, leaving more energy available for living!

The Osteopath has a toolkit of techniques which can be 'custom built' for all ages to attempt to sort out all of the above. The body has a natural healing ability – we work with that.

Naturopathy involves lifestyle including diet – and this advice is available too.

All these therapies work well alongside orthodox medicine as well as on their own.

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**PAIN IS
INEVITABLE IN
ARTHRITIS
CONDITIONS
BUT SUFFERING
IS BY CHOICE!!!**



**Osteo-Arthritis, Rheumatoid
Arthritis and the role of
Osteopathy and Remedial
Massage**



Brooks-Carter Clinic Ltd

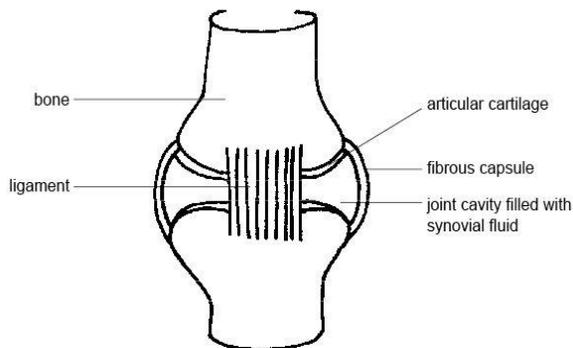
**The body heals itself – no drug, therapy
or anything else for that matter can do it!
We facilitate the body's healing powers with
all the therapies at Brooks-Carter Clinic**

What is ARTHRITIS?

Despite being very common, arthritis is still very poorly understood and many conflicting views exist with regard to the cause and treatment of the over 100 arthritic conditions.

Arthritis can be divided into two main types:

Degenerative or OSTEOARTHRITIS is the most common form of arthritis and is usually localised to specific sites such as the hip, back or knees. It affects weightbearing synovial joints, mostly. Synovial joints constitute most of the joints of your body and need to be kept moving to keep the articulating surfaces moist. An egg-white kind of gel is secreted by the lining of the joint with movement (including massage). When this gel ceases to be secreted, then the joint becomes drier and drier and in the end, the bones fuse a bit like a rusty door.



Osteo-arthritis is linked with wear and tear of the joints resulting from excessive stress and strain put on an area through poor posture, bad lifting techniques, heavy manual work, repetitive strain or injuries e.g. football. Imbalances contribute to the list – obviously if the muscles are pulling abnormally on one side then the ‘wear and tear’ is going to increase there.

Over a period of time, the joints involved become weak, painful, stiff and less mobile and if the joint fuses the joint cannot work at all. It often doesn't make sense that **one weightbearing joint is affected not the other.**

It does tend to run in families. Is this because they all adopt a similar lifestyle in relation to exercise and diet etc? **You can change the blueprint and regular massage helps you do this! Good nutrition and supplements help.**

The reality is that the joints do change with time **but the real culprit – the real pain producer is muscle spasm.** Muscles get tighter for many reasons including stress and also to splint an overused or injured area or in response to disease or imbalances elsewhere e.g. spine, pelvis, feet.

Orthodox treatment is usually drugs: anti-inflammatories, painkillers, steroids, narcotics, tranquilisers and then steroid injections.. These all have side effects and we hear all the time how people are suffering from, and really fearing the long term effects of taking them. Iatrogenic medicine is the branch of medicine particularly concerned with treating the damage that drugs do. ***Scans and X-rays may show degenerative changes but all is not lost!*** With excess wear and tear a joint may need to be replaced in surgery and sometimes the surgeon may decide to pin or totally immobilise the joint in an attempt to ease the pain and suffering. This occurs frequently with the next arthritic condition.

Remedial Massage can help healing post op.

Inflammatory Arthritis such as RHEUMATOID ARTHRITIS not only produces painful, swollen and restricted joints but is a systemic disease which affects the whole body so signs and symptoms can affect other organs e.g. eyes, lungs, heart. It is an auto-immune disease and more difficult to treat as the body is attacking itself. The joint lining becomes inflamed and forms a scarlike piece of tissue in the joint. It usually affects bilaterally e.g. both hands, both wrists.

However, the pain from the inevitable muscle spasm can be relieved with Remedial Massage and articulating techniques.

Arthritic conditions are commonly seen and treated effectively with Osteopathy and/or Remedial Massage. Regular Advanced or Remedial Massage helps so much in keeping the joints moving which is what we need to ‘oil’ the joint. Bodywork also encourages the body to release its own pharmacy of anti-inflammatories and feel good hormones. Changes to diet and lifestyle may also be necessary.

Many people are told ‘learn to live with it’ and though the damage may be irreversible, ***pain and swelling CAN be reduced and movement then becomes easier. As a result there is less reliance on drugs and consequently less problems.***

Treatment is aimed at getting the best out of the affected areas by improving their mobility. Associated joints and tissues will also require treatment so they can take the extra strain and compensate for the damaged joint(s) so maintaining overall mobility and health.