*Bodywork for Wellness*

Manual Physical Therapy & Therapeutic Massage, PLLC

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**Spring 2018 Newsletter**

**Getting ready for spring activities:** Well I’m sure we are all ready for the warmer days and more time outside. It is important to remember if you are less active in the winter time that you begin to prepare your body for an increase in activity. Today many of us have desk jobs that keep us sedentary so when the warm days hit and we want to be out there enjoying it all, we can be at risk of getting hurt. So here are a few tips to help you avoid those challenges. 1st take some time to think about the new activities and what parts of your body they will use. These are going to be good areas to start to stretch, or use your self-treatment techniques on to help them be more pliable. 2nd is Endurance. If you plan to do an activity for any distance or length of time it’s always a good plan to start with smaller increments. If your golf and will walk the course start with walking your neighborhood. 3rd Warm up. Many people go from their desk job to the gym or to the activity. If your body is cold and inflexible this will set you up for difficulties. A short warm up including walking and stretching can be a great way to get the body ready for the activity at hand. 4th if you are already having some areas of your body that are painful, or you develop any then don’t wait, get treated this can help you get over issues more quickly or to avoid them all together. 5th Have you kept up your home program? Being human, means we tend to address our body issues when they bother us, but a little bit goes a long way. If you have forgotten your home program or feel it needs to be adjusted for you or your new activities. Just get in touch and we can make it right for your body.

**New Classes**- As many of you know I really thrive on expanding my knowledge base to best help my clients. In February I took a class on the Integration of the Upper Extremity in Work and Sports. This class focused on how the way we obtain an injury has a major influence on how it should be treated especially in the upper body. Did you throw something and hurt your shoulder or did it just start hurting when you made the bed? These are two different injuries that can happen in the same area. So they need different treatment approaches, not just the same cookbook ideas for any person who hurts their shoulder. Last November, I took a class about the influences that affect the respiratory diaphragm from above the diaphragm. This muscle is in the middle of our bodies and is affected by what goes on above it and below it. We breathe on average 21,000 times per day, that’s a lot of chances for good or bad influences. This coming Novemeber will be the influences from below the diaphragm. These classes go beyond the standard level of teaching and really look at the comprehensiveness of the human body. Nothing happens in isolation in the body. This is why your sessions are so specific for your areas of concern. There will be a few other classes to come this year including one that focuses on the lymphatics of the body. Many of you have heard me say we have to help this area drain so it can function better, so I am excited to learn more to help the overall health of the body.

**Referral program** - With all the excitement with the spring and new knowledge. I want to thank you all for your choice to support your health with my work. It means the world to me and the greatest compliment is to share that experience with others you know and care about. As a Thank you for referring your friends and family I want to remind you all that for each new person that you refer who books you will get $20 off your next session. This is a great time to share the word as the wait to begin sessions is short right now, and this does ebb and flow.

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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