

**Special Interest Articles:**

- Insight into massage
- You know that it is good for you
- Mobile massage

**Individual Highlights:**

Corporate	
Massage	2
Short Courses	2
More Courses	3
Acute Low	
Back Pain	3

## Insight into massage

Massage is defined as the systematic manipulation of the soft tissues of the body for a curative effect. Soft tissues are made more pliable through massage to promote circulation and blood flow and bring about healing effects: physical and psychological changes for general wellbeing.

**What does it involve?**

The system of massage treatment involves the therapist using their hands to apply pressure on your body. Therapists use various techniques to work on the body: stroking and gliding (effleurage), kneading the soft tissues (petrissage), or what is termed 'percussion' (tapotement).

**What are the 'real' benefits?**

Massage therapy is extremely beneficial to people leading busy lifestyles suffering from what is now commonly encountered work related stress.

Massage will not only aid with mental relaxation but will work on physical symptoms of back and neck pain that comes from sitting for an extended period of time at a desk or from physical labour.

## You know that it is good for you

The importance of taking regular massage has heightened in recent times as more people recognise how beneficial it is as a way to counteract the effects of sitting in front of a computer screen daily. Corporations are beginning to realise these benefits for staff wellbeing and as a way to increase productivity.

By offering mobile massage therapy as a part of employee benefits (**see mobile massage**) in the workplace it could go a long way to help reduce staff stress levels, which in turn will make for a more cooperative relaxed work environment, and then aid productivity. More obviously if employers spend on massage for their staff they might reduce the cost of lost labour through sick days.

Work related stress is a serious problem in society leading to poor health, disease, and death. This situation might be helped if employers take the opportunity to enlist the services of a professional Massage Therapist who will educate about the benefits of relaxation and massage.

Many people wait until they are already in pain or suffering spinal injuries before turning to massage, but why let it get that bad? It is a good idea to take regular massage as a preventative measure so that such injuries do not occur. Regular massage maintenance will increase your overall sense of wellbeing for optimum physical and mental health, helping you to achieve your goals.

Massage is used to treat a wide range of disorders, such as:

- Insomnia
- Muscular tension
- Headaches and migraines
- Work related stress
- Repetitive strain injury
- Depression
- Arthritis
- Eating disorders and digestive dysfunction
- Pre-natal pregnancy conditions
- Fibrositis
- Spondylitis
- Frozen shoulder
- Whiplash
- Sports and dancing injuries

The power of healing in massage is the energy that flows through the therapist's hands in touch to refresh, regenerate and revitalise.



## Mobile, Seated and Corporate Massage

### We can come to you.

Massage in the workplace has proven to be a great success. It has been shown to increase productivity and employee alertness.

Seated massage is a specially designed 15 minute routine that uses no oil and is carried out over the clothes of the recipient.

This is done at the workstation or in an ergonomically designed chair

in a quiet space off to the side.

Seated massage is preventative medicine which can assist with the prevention of muscular-skeletal problems, increase circulation, energy and mental clarity.

The recipient is refreshed and ready to return to work.

Some of the benefits may include:

- Increased employee performance
- Employees feel valued and rewarded
- Reduced absenteeism
- Increased enthusiasm and well being
- Increased concentration

## Want to know more?

Just give us a call for a brochure or to arrange your free no obligation work place demonstration.

Centre of Wellbeing.  
03 9763 0033

**No work place is too big or too small to take advantage of Seated Massage Services**

We can even do home visits



## What else can we do? Short Courses

The Centre of Wellbeing delivers a number of short courses each term. These are delivered in house or on behalf of a local Neighborhood House.

Name of Course	Where Delivered	Date and Times
<b>Memory Training Workshop</b>	Mitcham Community House	Thurs. 26 <sup>th</sup> April, 10am – 12pm \$15.00 pp.
<b>Ear Candling Workshop</b>	Centre of Wellbeing	Sat. 12 <sup>th</sup> May, 10am – 1pm \$125.00pp.
<b>Positive Communications Course</b>	Mitcham Community House	Wed. 2 <sup>nd</sup> May – 20 <sup>th</sup> June (8 weeks), 7pm – 9.30pm. \$45.00pp per term (funded).
<b>Everyday Counseling Skills</b>	Mitcham Community House	Mon. 7 <sup>th</sup> – 28 <sup>th</sup> May (4 weeks), 7pm – 9.30pm \$50.00pp
<b>Journey of Self Discovery</b>	Rowville and District Community House	Thurs. 24 <sup>th</sup> May – 21 <sup>st</sup> June, (5 Weeks) 7pm – 9pm \$112.00pp
<b>Are you assertive?</b>	Rowville and District Community House	Tues. 1 <sup>st</sup> May – 15 <sup>th</sup> May, (3 weeks) 10am – 12pm. \$80.40 pp
<b>Assertive Workshop</b>		

## More Short Courses and Workshops.....

### Reiki 1 Course

Come and learn Reiki 1 over a weekend.

This course is being held at the Centre of Wellbeing on Sat. and Sun. 2<sup>nd</sup> and 3<sup>rd</sup> of June. 10am – 4pm both days.

The cost is \$275.00 including a \$50 deposit to secure your place.

### Women's Discussion Group

*Come and join us for a cuppa and a chat*

This group is held every two weeks. The next group is on the 27<sup>th</sup> April here at the Centre.



## Chiropractors and Acute Low Back Pain

Disabling back pain is common in our society and is one of the most frequent complaints to why patients seek primary care physicians, and the second most common reason for time off work (1,2).

A study published in the New England Journal of Medicine compared outcomes and costs of care for acute low back pain between primary care practitioners, chiropractors and orthopedic surgeons (3).

Care from chiropractors emphasizes on spinal manipulation, which has shown to be effective in several randomized trials (4).

Their findings showed that

patients in the chiropractic strata were more satisfied with their care than patients in the other strata, which is consistent with the results of a previous study by Cherkin and MacCornack (5).

Using non-invasive assessment and treatment techniques, chiropractors attempt to reduce pain and restore normal biomechanical function for low back pain sufferers.

If you would like more information or would like your back pain thoroughly assessed, please contact us to make your appointment.

References:

- 1) Cypress BK. Characteristics of physician visits for back symptoms: a national

perspective. Am J Public Health 1983;73:389-395

- 2) Frymoyer JW. Back pain and sciatica. N Engl J Med 1988;318:291-300
- 3) Timothy S. Carey et al. The Outcomes and Costs of Care for Acute Low Back Pain among Patients Seen by Primary Care Practitioners, Chiropractors, and Orthopedic Surgeons. N Engl J Med 1995; 333: 913-917.
- 4) Shekelle PG, Adams AH et al. Spinal manipulation for low-back pain. Ann Intern Med 1992; 117: 590-598.
- 5) Cherkin DC, MacCornack FA. Patient evaluations of low back pain care from family physicians and chiropractors. West J Med 1989; 150: 351-355.

---

*“Disabling back pain is common in our society”*

**Centre of Wellbeing**

77 Anne Road  
Knoxfield 3180

p. 03 9763 0033

f. 03 9763 0033

w.centrefowellbeing.com

fb. Centre of Wellbeing

fb. Reiki Master