

THE HOME STRETCH



Trigger Points by Brad Surette, BA, RMT

According to Wikipedia, trigger points are hyperirritable spots of skeletal muscle tissue that are associated with palpable nodules in taut bands of muscle fibers. What the...huh?

Basically, a trigger point is a muscle knot with benefits. The "benefits" being that not only does the muscle knot cause you

pain but so does the well-known referral pattern that is quite often associated with a trigger point.

Whenever a tissue becomes stressed or damaged there is an opportunity for a trigger point to form. Waste product and toxins become trapped inside the taut band of muscle and the expected fresh supply of nutrient-rich blood

is blocked or interrupted. To get our attention that something is wrong the body sends out a pain signal.

An ischemic compression, then a stretch followed by heat to the affected area will do the trick. Your RMT is trained in the proper protocol for trigger point release.
- Brad L. Surette, BA, RMT

Sore Back: A Pain in the Ass? by Brad Surette, BA, RMT

Ok, so while proper massage therapy terminology would most likely make reference to the gluteus maximus, that doesn't exactly roll off the tongue now does it? And I guess I could have used the word "buttocks" but I hate that word. It always comes out with me sounding like I'm trying to pull off a British accent. Regardless, I like the title of this article because not only has it gotten your attention (I know this because you're still reading) but it also addresses a very important point.

Sometimes low back discomfort can actually be caused by pain originating from a trigger point in your derriere. Suddenly, I feel French. I may as well try out all the accents today. Pourquoi pas?

Anyway, as mentioned above the characteristic trait of a sweet little trigger point is that referral pain is most often felt elsewhere in the body. A client may report feeling pressure where the therapist is applying an ischemic compression AND notice a shooting pain in another area.

If you've been experiencing pain for years with no resolve, all is not lost. Registered Massage Therapists are trained to find the root of your pain and also know the key places to treat besides the indicated area of discomfort.

For example, did you know that trigger points in the piriformis muscle can cause referral pain in the hips?

Likewise, trigger points in the glutes (gluteus muscles) can

pull on the pelvic crest putting strain on the QL muscles (quadratus lumborum) in your lower back.

Sometimes a thorough massage therapy treatment for back pain will include addressing tightness (hypertonicity) in other regions besides the back, i.e. the glutes, the piriformis, or even hamstring muscles.

In designing the most effective treatment plan possible, your RMT will consider all of these possibilities as well as treat any muscles that are compensating.

So, make sure you mention all areas of discomfort to your RMT even if you don't think it seems related. It very well could be the root of your problem. - Brad Surette, BA, RMT

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Special points of interest:

- Congratulations to Reiki Level II Practitioner:
Holly M. Simmons, RMT
- Staff Birthdays This Month

Sun Salutation by Brad L. Surette, BA, RMT, RYT

Looking for a great way to begin or end the day?

Try Surya Namaskara.

Surya Namaskara is translated as "salute to the sun" or even more commonly expressed by yoga practitioners as Sun Salutation.

Sun Salutation can awaken you in the morning as well as wind you down in the evening.

Sun Salutation is not one pose but actually a series of twelve poses.

This flow is designed to increase

circulation. In fact, it welcomes blood flow to all 72,000 energy channels in the human body.

Sun Salutation should always be performed on an empty stomach. A two hour gap after eating and before performing the practice is advised.

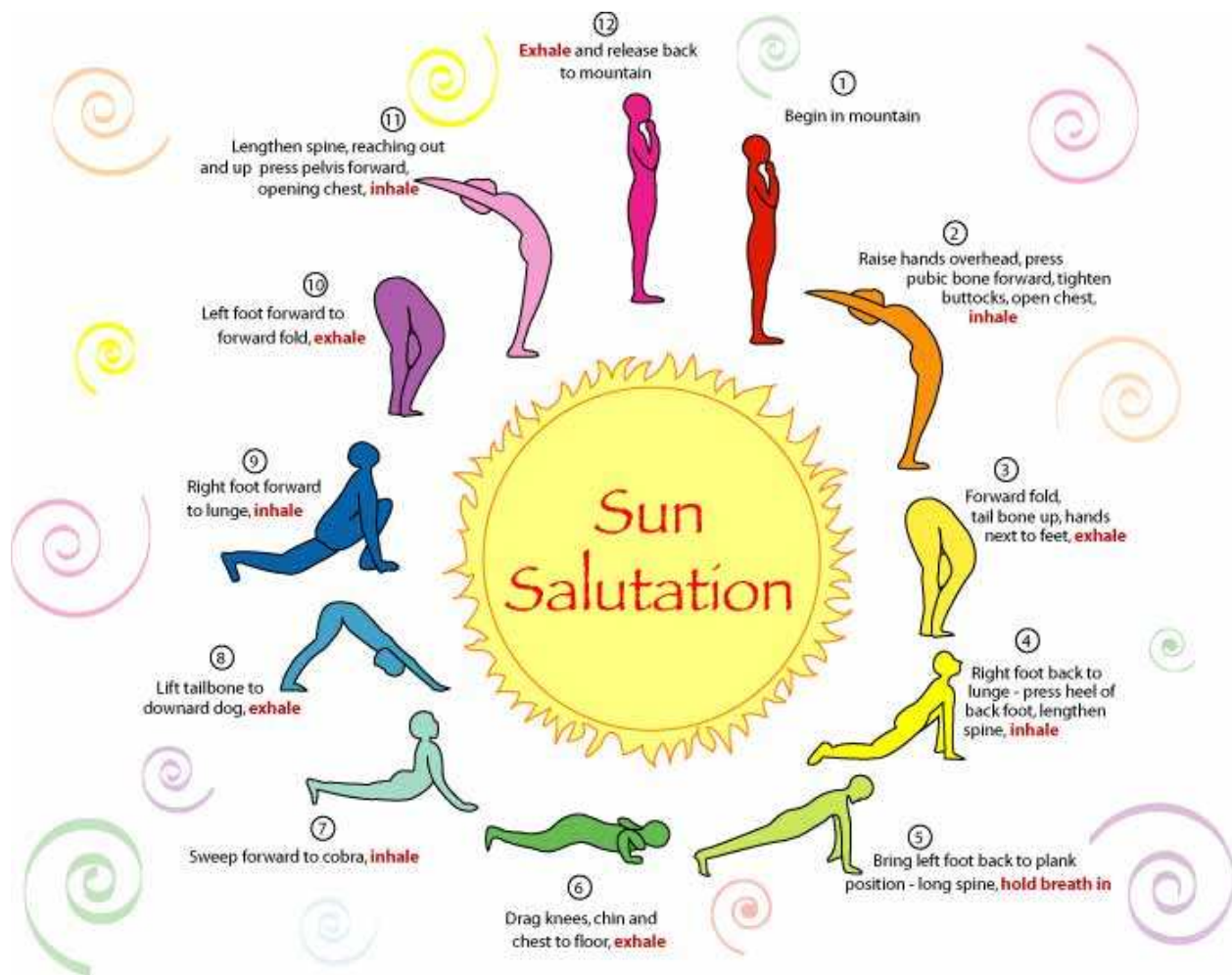
For best results, Sun Salutation should be practiced early in the morning (before breakfast) or in the evening before retiring to bed. For additional comfort, Sun Salutation should be performed on a yoga mat.

A full round of Sun Salutation is thought to consist of two sets of the twelve poses.

The second set incorporates moving the opposite leg first through the series.

When performing Sun Salutation as demonstrated in the example below, each pose or asana is completed with alternate focused inhaling and exhaling.

Let your breath be your guide as you calm the mind of thought and ease the body of tension. - Brad L. Surette, BA, RMT, RYT



In 2008, Brad L. Surette completed a 200 hour Kripalu Yoga certification with the Atlantic Yoga Teacher Training led by Jody Myers and Silver Frith. Brad is also a Registered Yoga Teacher with Yoga Alliance.

FOUNDATIONS IN TAROT



Have you always been drawn to, fascinated by, or even just plain curious about Tarot cards?

But do you find the task of learning and remembering

all the meanings behind seventy-eight cards challenging and overwhelming?

Well now you can learn to read the Tarot quickly, easily, and even have fun doing it!

Foundations in Tarot (FIT) is a 6 week program divided into six informative lessons. Topics thoroughly covered will include The Major Arcana, The Minor Arcana, and the Court Cards - all presented in a clear, precise, easy, and fun format!

Wanna get FIT? Enroll now to ensure your placement. Class size is limited.

Location: The Annex Bookstore
Address: 196 Tantallon Crescent, Tantallon, NS
Instructor: Brad L. Surette
Dates: September 15 to October 20, 2010
Time: Wednesdays, 10am to 2pm
Cost: \$30 per lesson OR \$150 prepaid

For additional information:

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email: bradsurette@live.com



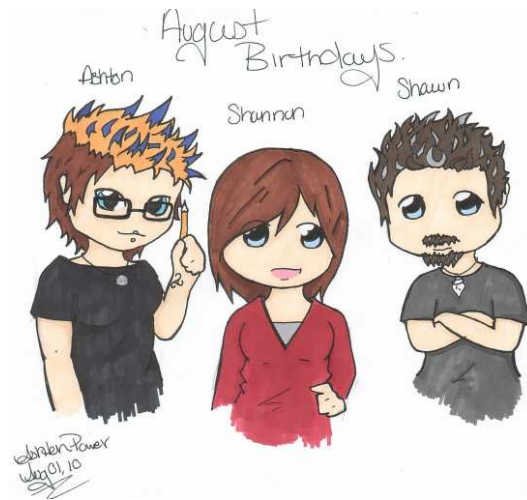
www.bradsurette.ca

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AUGUST NEWSLETTER

Thank you to the following contributors:

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AUGUST BIRTHDAYS!!

Ashton Power	August 9
Shannon Ashton	August 24
Shawn Foubert	August 31

Oops! by Brad Surette, BA, RMT, Reiki Master Teacher

In previous newsletters I have congratulated fellow therapists for completing training in Reiki.

However, in the month of June Holly M. Simmons completed her Reiki Level II certification and I failed to mention this in the July newsletter.



Holly M. Simmons, Reiki Level II

How this ever got past me I do not know. I mean really, could I have been any more insensitive?

As a Reiki Master Teacher and practitioner, the completion of Reiki Level II training is not something I take lightly because it shows a great devotion and dedication to an incredible form of holistic healing.

With Level II specific ways to use Reiki are learned including an increased power, mental and emotional healing, and long-distance healing (past, present, future). This is accomplished by giving three powerful and sacred symbols to the Reiki student.

During Holly's attunement and afterwards I recognized a natural

healing gift that I find is quite rare.

Holly definitely has an amazing ability to transmit Reiki and I am sure she will do many incredible things with her talent.

So, I would really like to take this opportunity to not only apologize for my oversight but to bring to your attention that my friend, and fellow therapist, Holly Simmons is an amazing Reiki Practitioner! I highly recommend Holly and would encourage you to try a Reiki treatment with her. And now is as good a time as any because, in case you haven't heard, we are offering a Reiki special for the entire month of August. - Brad L. Surette, BA, RMT, Reiki Master Teacher