

NEWSLETTER

MASSAGE THERAPY & PAIN

AN INTERVIEW WITH SAMANTHA REAM, M.ED., ED.S., LMT



Samantha Ream
M.Ed., Ed.S., LMT

How does massage therapy help with pain control?

Massage has an enormous impact on pain and can be very effective for pain control. Massage increases “happy hormones” like endorphins, dopamine, and serotonin.

Massage also stimulates blood flow and can improve circulation. This helps your body move more freely by decreasing restrictions in the muscle tissue. MLD (manual lymphatic drainage) can reduce swelling and decrease pain by stimulating the lymphatic system.

Massage is an incredible stress reducer. It lowers the heart rate and can decrease blood pressure. It also reduces cortisol (stress hormone) levels, which feels amazing in the moment and promotes better sleep.

One benefit of massage that is rarely talked about is the positive impact that massage has on the immune system. Receiving regular massage treatments can help improve lymphatic flow of the body and increase immune supporting cells.

Who benefits the most from using massage therapy for pain management?

Massage helps aids the healing process and can be a compliment to other pain management strategies. Individuals with acute issues or recent injuries will benefit the most from massage for pain management. Massage can be especially effective for people experiencing back pain or referred pain (pain in a different area than the original injury). If the individual has chronic, unorganized pain, massage tends to be less effective. Massage is always the most beneficial when coupled with regular exercise and a targeted strengthening routine for the injured area.

What would you tell a patient who is in pain but hesitant to try massage therapy?

Massage is an incredible tool to reduce pain and improve both physical and mental health when it is done well. I would tell that person that massage with the right therapist is a safe place to receive therapeutic touch, quiet your mind, and reconnect with your body. I would encourage them to try out more than one therapist to find the best fit for them as every therapist has their own energy, therapeutic style, and unique bodywork techniques.

PRICING OF OUR MASSAGE SESSIONS

25-minute session is \$35 | 55-minute session is \$70

We are happy to check with your health insurance provider to see if you have massage therapy benefits as part of your policy. *Please note - Medicare does not cover massage.*

NEWSLETTER

MAINTAIN YOUR HEALTH WITH

MASSAGE THERAPY



SEEK REAL RELIEF!

FREE BACK PAIN
SCREENING

BIG

DEAL

ReQuest
PHYSICAL THERAPY

Take your health to another level! Schedule an appointment at a location nearest to you.

Offer expires 03/27/23

Athletes push their bodies to the limit day after day, and so it is no surprise that athletes keep up with the best medical resources to help their bodies recover and rejuvenate between workout sessions. Massage therapy is soft tissue mobilization and is often part of a physical therapy treatment plan, and it is one that many athletes rely on regularly to soothe muscle tension and to improve flexibility. However, massage therapy is not just for athletes. If you aren't taking advantage of massage therapy to help with the physical stress and mental pressures of your day-to-day life, then you may be seriously missing out.

Why Massage Therapy?

When you get home after a long day at the office or after finishing that long jog you have worked so hard to accomplish, you probably sit down and rub your feet with a gentle massage as you take off your shoes. We rub our necks and shoulders when we are dealing with stress at work. We rub our backs with our knuckles after a long drive in the car or when we are feeling stiff and want to stimulate blood flow throughout our body. You are already utilizing the basic benefits of massage to experience relief from daily concerns. And if you are experiencing even small benefits from just these little touches of massage, then imagine the relief you could experience from true massage therapy.

Massage therapy goes beyond the basics of massage. Even a simple massage performed by a friend or family member in a casual environment, even for just a few minutes, is incredibly comforting. There is something about the brief experience of pressure on a tired muscle that can stimulate you to find the energy you need to power through the rest of your day.

Massage therapy is highly recommended for the treatment of tension and stress in the muscles and joints, either as a result of tension buildup from mental stress or from physical challenges. **Massage therapy is proven to:**

- Alleviate tension
- Reduce pain
- Improve flexibility and range of motion
- Alleviate tension headaches
- Reduce depression and anxiety
- Boost your immune system

(continued inside)

HOW MASSAGE THERAPY HELPS

(continued from outside)

The massage that your friend or family member gives you feels good, but you will likely make more progress with lasting benefits from a licensed massage therapist.

Massage therapy targets pressure points and muscles. Some people have massages for relaxation, but many have massages to help with pain or aid in injury recovery. Your massage therapist can target particular pressure points in the body that may be identified as a source of your pain, using specialized techniques to ensure safety and comfort during the massage experience.

Massage treatments can lessen depression and anxiety, while promoting tissue regeneration and reducing scar tissue and stretch marks. Your skin is the body's largest organ and massage therapy stimulates blood flow to improve circulation. Increased blood flow carries more oxygen and nutrients into underlying tissues, like muscles and vital organs. Feeling good and more relaxed during a massage is from the release of endorphins, which is an amino acid that works as the body's natural pain killer. Regular massage can relieve migraines and reduce post-surgery adhesions, swelling, spasms and cramping. Patients have reported less low back pain and increased joint flexibility and range of motion.

Massage After Injury

One of the most common times that massage therapy is used is following an injury as part of a rehabilitation program. Following an injury, it is



incredibly important to be careful about allowing anyone to have contact with the injured area of your body. Applying pressure incorrectly to a shoulder that was recently operated on, or a knee that is still recovering from a tear, can have drastic results and major setbacks for your physical wellness.

Whether you are feeling sore because of your latest workout or dealing with building tension in your neck and back as a result of stress from work or family concerns, massage may be helpful for you. If you have questions about what type of massage therapy is best for your personal health needs, please contact ReQuest Physical Therapy to learn more about the different types of massage and how this therapy method may best be incorporated into your health and wellness routine.

<https://www.harrisschool.edu/10-reasons-to-get-a-massage/#.W4BSR15KjIU>
<https://www.massagetherapy.com/massage-and-its-benefits>
<https://www.physicaltherapyfirst.com/services/massage-therapy/>

CALL GAINESVILLE: (352) 747-9992 OR TIOGA: (352) 670-3461 TODAY TO SCHEDULE AN APPOINTMENT!

IN THE KITCHEN WITH GARRETH

BLUEBERRY-MELON TUNA & VEGGIE CRUNCH

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- ½ C celery, diced
- ½ C cabbage, diced
- 1 C red onion, diced
- 1 C cantaloupe, chopped in bite-sized pieces
- ½ C blueberries
- ½ grapefruit, peeled, sectioned then chopped

- 1-2 tbsp. fresh squeezed grapefruit juice
- ½ C raw nuts (pecans, walnuts, etc.), chopped
- 2 tbsp. (12-15 leaves) fresh mint or parsley, minced
- ½ C nonfat plain Greek yogurt or chopped avocado
- Ground peppercorns, to taste
- 1-2 5-oz. can(s) wild caught light tuna meat packed in water

DIRECTIONS

In a medium bowl, add all ingredients except tuna. Stir well. Open tuna can and drain water. Place tuna meat in bowl and flake with a fork. Add flaked tuna to veggie and fruit mixture then stir until all ingredients are well combined. Serve immediately or refrigerate at least 30 minutes to allow flavors to combine.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.



<https://requestphysicaltherapy.com/physical-therapy-treatments/adult-weight-loss/>



WHY REQUEST?

“Wonderful, knowledgeable, and supportive staff, combined with excellent equipment make this a winning facility!”

– B.K.



JEFF GILLIAM
PT, PhD, OCS
Call today to schedule!
(352) 747-9992

LEVEL UP YOUR HEALTH!
**SCHEDULE AN
APPOINTMENT**

Are you in pain?

Have you sustained an injury?

Give your physical therapist a call today!

GAINESVILLE: (352) 747-9992

TIOGA CENTER: (352) 670-3461

ReQuest
PHYSICAL THERAPY

requestphysicaltherapy.com

WHO DO YOU KNOW THAT NEEDS
OUR HELP?

REFER A FRIEND!

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle

Have them call our office today!



1. Schedule a free pain screening



2. Discover why your pain has come back



3. Get your custom recovery program

ReQuest
PHYSICAL THERAPY



WALKING SUPPORT GROUP

Walk and chat with your therapist!

This group is for women in any stage of cancer treatment, recovery, or survivorship. Build community, get some fresh air, and ask any questions you may have.

Meet in the lobby of ReQuest (Main Center)

- 2nd Tuesday of each month at 10AM
- 4th Tuesday of each month at 4:30PM

No registration needed.

Call (352) 747-9992 for more info!



DID YOU KNOW?

A recent cancer research study highlighted the benefits of high-intensity strength training in reducing the incidence of highly metastatic cancers with a 73% risk reduction when compared with the inactive group.

We can customize a strength program for any stage of cancer treatment, recovery, or survivorship.

Call (352) 747-9992 to get started today.

The full article can be found at:

<https://aacrjournals.org/cancerres/article/82/22/4164/710131/An-Exercise-Induced-Metabolic-Shield-in-Distant>



THERAPIST SPOTLIGHT

BRITTANY LOPEZ, PTA

Brittany primarily works with women during their breast cancer journey. She is passionate about helping women improve their strength, restore their confidence, and reduce the fear of pain that may be associated with movement and strength training.

In her free time, Brittany loves to lift heavy weights, tend to her many plant babies, and spend time with her soul mate and best friend - an adorable Corgi dog named Schmidt.

Exercise Essentials

Try these exercises to keep you moving...

SHOULDER CIRCUMDUCTION

Start by standing up straight. Place your fingertips on your shoulders with your elbows sticking straight out to your sides. Slowly begin making clockwise circles with your elbows without moving your fingers. Continue as directed and then switch directions. Repeat 3 sets of 10 reps each.

NECK STRETCHING

Start by sitting up straight in a chair. Gently pull your arm across your body and slightly forward toward your opposite knee. Then, slowly tilt your head away from the direction you are pulling your arm in and feel the stretch in the side of your neck. Repeat 2 sets, 1 rep each.

Stretches neck



Strengthens shoulders

PT WIRED
www.ptwired.com



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!

Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle



Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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