

EDITOR'S
NOTE**Welcome to Mind&Body's wellbeing in WA special edition.**

Wellbeing travel is more than just a buzz phrase. It's all about taking time to nourish the soul. And what better way to get away, take stock and appreciate life than by travelling in Western Australia?

In this edition, we'll show you the importance of getting away; even if it's just for a night to an out-of-town retreat or packing up the kids for a camping trip to one of WA's stunning national parks. If it's luxury you are after, WA has plenty of top-end resorts ready to cater for your every rejuvenation need.

WA is also home to some premier eco-holiday retreats where you can be sure to leave a light footprint on the landscapes you visit.

The Rottneest Wellness Centre is offering one lucky Mind&Body reader and a friend a getaway filled with indulgence, so turn to page 6 for details.

After a wellbeing holiday, you'll return home with more than just photos. Enjoy,

Monica Videnieks, *Mind&Body* editor.

THE TEAM

FEATURES EDITOR:

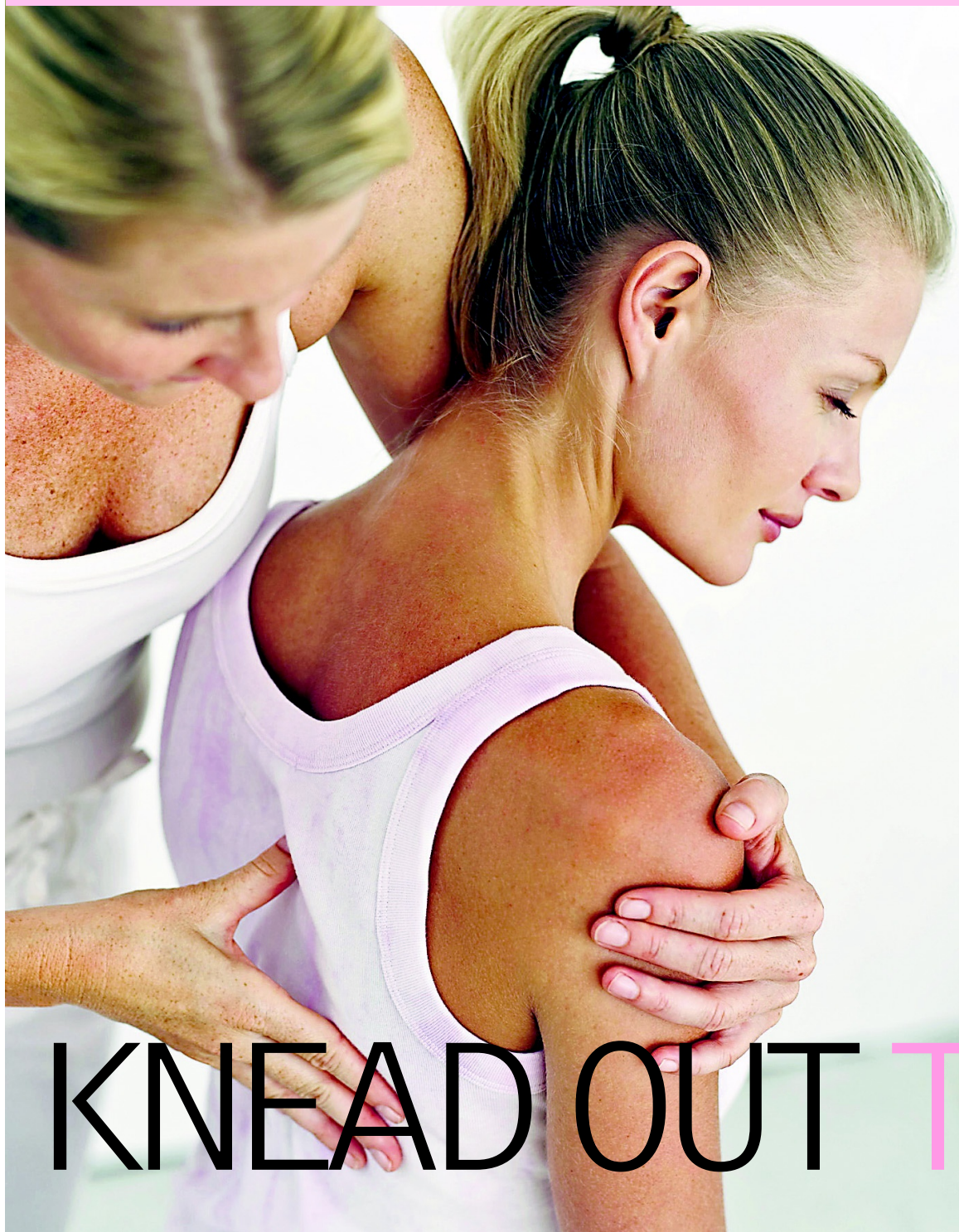
Helen Winterton, 9482 3574,
features@wanews.com.au

EDITOR: Monica Videnieks, 9482 3347

DESIGN: Vickie Papadopoulos

SALES MANAGER: Belinda Dolan, 9482 3467

ADVERTISING: Lisa Rogers, 9482 3563



When muscles and tendons become knotted, damaged, tense or immobile, remedial massage may help. **Maya Anderson** reports.

KNEAD OUT THE KNOTS

If you're after a relaxing massage, a remedial massage probably isn't for you. But if you are after a solution to pain, this no-nonsense massage may well be what your tense or seized-up body needs.

According to Peter Bensley, a senior massage therapist at Mandurah-based Applied Body Therapeutics, remedial massage can be considered the banner under which many massage techniques are grouped.

"Remedial massage requires a high level of training and skill across a broad range of massage modalities," he said. "Simply put, a therapist trained in remedial-massage therapy

is able to use numerous techniques to treat a broad range of physical conditions."

Aesthetic Beauty and Massage therapist Linda Zani said it was important that a remedial-massage therapist had a thorough comprehension of anatomy and physiology to be able to correctly identify postural deviations, muscular tension and determine why the patient required treatment.

"In the case of remedial massage, we are looking to remedy a specific muscular complaint or concern, such as muscle tightness in the neck and shoulder, and looking at why that concern exists," she said.

Ms Zani said when the reason for

the ailment was determined, the cause could be addressed and a massage-treatment plan begun.

The therapist should also educate the patient on how to avoid recurrence of the problem.

Remedial massage could address many concerns.

"Some of the more common complaints include rotator cuff concerns, lower back pain, sciatica, tennis elbow, whiplash, tension headaches, pre and post-sports activity, poor posture, tightness in shoulders and neck," Ms Zani said.

According to remedial massage therapist and owner of Victoria Park Sports Massage Clinic Esmat Parkar, other problems that may be helped include aches and pains, headaches and migraines, asthmatic or bronchial problems and digestive problems and stomach cramps.

She said people should generally not expect a remedial massage to be particularly restful.

"Remedial massage is not exactly relaxing but at the same time if your muscles are too tight they find it very hard to relax, and having massage just for relaxation is only going to give you temporary relief for one to two hours," she said. "It is better to sort out problematic muscles before they give you grief."

Depending on the ailment, Mc Parkar said the massage could be gentle, strong, shallow or deep and as a variety of techniques were often used, patients could expect a range of different massage strokes to be used.

"Many of the more widely used techniques by therapists include trigger points and deep-tissue work, most appropriate for muscle tightness and aches, manual lymphatic drainage for post-operative swelling, swollen legs post-flying or lymphoedema," she said.

Proprioceptive neuromuscular facilitation stretches can also be incorporated to improve the strength or flexibility of specific muscles.

"Many remedial massage therapists offer reflexology as one of their services," Ms Zani said.

Mr Bensley said remedial massage was specific to the injury being treated and, depending on the nature of the injury, usually was not a simple one-off fix but rather a program of treatments that restored normal function back to the injured area.

Using an example of lower back pain and discomfort, he said the therapist might use techniques such as trigger-point therapy, myofascial release, sports massage techniques and deep tissue massage to relieve the cause and symptoms.

"In treating bronchial conditions, the therapist may use Swedish massage techniques such as tapotement, lymphatic drainage techniques and perhaps reflexology to alleviate the symptoms and to help the body to heal itself," Mr Bensley said.

Meanwhile, a sports injury could be treated with lymphatic-drainage techniques, cross-fibre immobilisation techniques, myofascial release and sports massage to reduce swelling and increase range of motion.

Ms Parkar said most remedial massage encouraged the disposal of waste from muscles, breaking down scar tissue and fibrous tissue which restricted the body.

"Breaking down scar tissue and fibrous tissue improves the range of movement, restoring greater mobility and elasticity to the joints and helping clients achieve good posture, which helps them with chronic pain and musculoskeletal problems," she said.

Ms Parkar said patients with high fever, infectious disease, thrombosis, cancer and major heart conditions should not undergo remedial massage or should seek medical permission before doing so.

Several health funds offer rebates for remedial massage.

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