

Specializing in Women's and Men's Health

Newsletter

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THERAPEUTIC TOUCH HAS POWERFUL RESULTS

BY: RACHEL CORTELL, LMT, CPMT

Most people who have experienced a good massage find it relaxing and a way to cope with the stresses of our mental and physical daily demands. In my thirteen years as a massage therapist, the trend has basically stayed the same; most clients who receive massage do it infrequently and view it as a luxury versus a necessity for wellness. However, my clients' responses after massage are generally the same, too: "I feel so much better. I should do this more often..." I say yes! Our bodies function better when we **allow** ourselves to rest and recover, and massage is an ideal way to do so.

A new study in the July 5, 2011 issue of the Annals of Internal Medicine shows that massage is a successful treatment for low back pain. In this study, 401 people with chronic lower back pain and no identifiable diagnosis for the pain reported dramatic results after receiving ten weeks of consistent massage treatments. Nearly two-thirds of the patients who received massage state "their back pain was significantly improved or gone altogether."

Chronic and old injuries usually require deeper and more precise focus on a particular area with less emphasis on general relaxation. Massage is most effective in releasing adhesions and lengthening muscles shortened by repetitive injury. When muscles are restricted, this interferes with proper joint movement causing pain in other areas of the body. Though the benefits are many, massage helps by aiding in circulation, soothing the nervous system, and reducing stiffness.

Having the privilege of helping others move through the pain cycle, I have experienced first-hand the power of touch therapy. Therapeutic massage as a preventative measure and ongoing care regimen can mean fewer visits to the doctor and pharmacy for prescription and OTC medication. We live in fast-paced world that takes its toll on our bodies. Just as we are proactive in our daily routines, it is equally important to be proactive in allowing ourselves the time to rest and recuperate. Maintaining this balance leads to longevity and happier sense of self.

September is National Prostate Cancer Awareness Month

As the month of September brings prostate cancer into focus, it's time to increase public understanding of the disease, its prevalence, approaches to screening and prevention, treatment options, and resources that offer updated prostate cancer information throughout the year.

Prostate cancer is the most frequently diagnosed cancer in men and is a leading cause of cancer death in men, second only to lung cancer. Staying informed on the latest news on prevention and screening is an important step in reducing your risk of developing prostate cancer.

During the month of September, St. David's Healthcare Network will be hosting free screenings throughout the greater Austin area. These screenings will be held Saturday, September 10th, 17th, and 24th from 9am until 12pm at all locations. Call 512-478-3627 to inquire about locations and to schedule your screening.

Tune In to Pelvic Zen

Pelvic Zen is an Internet-based radio show on BlogTalkRadio. This month's topic will address prostate cancer and lifestyle information for those who have been diagnosed with the disease.

Sullivan Physical Therapy's very own, Angela Dobinsky, PT will be hosting the show. For more information, please contact Angela at angelad@sullivanphysicaltherapy.com.

Pelvic Zen airs on Tuesday, September 6th at 5:30pm CST. To access the show, please follow: www.blogtalkradio.com/pelviczen.



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Promoting Pelvic Floor Wellness in Men and Women

Tuesday, September 6th: "Surviving Prostate Cancer"

www.blogtalkradio.com/pelviczen

Austin Women's Pelvic Pain Support Group:

Next support group meets at Sullivan Physical Therapy on Tuesday, September 6th at 6pm.

Guest Speaker: Christine Marquette, RD, LD, CLT

"Dietary Considerations for People with Chronic Pain and IC"

*Support group meets first Monday of every month at Sullivan Physical Therapy from 6-7pm.

Pregnancy Series Class:

Speaker: Rachel Cortell, LMT, CPMT

"Your Body After Baby"

Free class for pregnant and postpartum women held at Sullivan Physical Therapy on Wednesday, September 21st at 6pm. Limited to 10 attendees. Please RSVP to rachel@sullivanphysicaltherapy.com by 9/19/11.