



October/November 2007

Quotes:

"The ships hung in the sky in much the same way that bricks don't." ~Douglas Adams

If The Phone Doesn't Ring, It's Me. ~Song title by Jimmy Buffet



"An idealist is one who, on noticing that roses smell better than a cabbage, concludes that it will also make better soup."- H.L. Mencken



Feedback:

Well, FANTASIC response to the last newsletter...our very first. Thank you so much for your support. The text confirmation of appointments seems very popular and although not as popular... the use of cold water baths after training has several new converts...told ya!! Sid won our breakfast quiz gift voucher by answering that Karen Hayes hosted Radio with pictures on a Sunday night. Well done.



So that brings us to the end of yet another fabulous Good Massage Newsletter.. wooohoooo !! Once again if you have any comments, insights or contributions please contact us via any of the contact details listed on the front cover. Till next time, have fun, get the most out of life and if you think massage may help...give us a call.



Out of respect for our clients busy lifestyles and right to privacy, if you would prefer not to receive the Good Massage Newsletter, please contact us so we can remove you from our mailing list. Thank you



Monday 15th October....Good Massage is moving to Injury Solutions at 207 Cashel Street. Christchurch. Same ph as before plus 03 365 5665. Parking at the rear via Woolshed Lane off Cashel. See You there

Inside this issue:

| | |
|---|---|
| Hello... | 1 |
| Piriformis: a common cause of sciatic pain... | 2 |
| Breakfast Quiz | 3 |
| Yummy Recipe Bit | 3 |
| Quotes | 4 |
| Feedback | 4 |
| New Clinic Map | 4 |

Clinic Opening Hours

| | |
|--|-----------------------------|
| Mon. Wed. | 7am-7pm |
| Tues. Thurs. | 9:30am-7pm |
| Fridays | 7am-3pm |
| Alt. Saturdays | 9am-1pm |
| Phone: | 03 377 4806 |
| Mobile: | 027 514 5777 |
| Email: | jason.goodmassage@gmail.com |
| Phone, text or email for appointments and enquiries. | |

Hello & Welcome

Hello everyone and welcome to the second issue of the Good Massage newsletter. A great response to the first one! I hope you enjoy this one just as much. Well I guess the big news is Good Massage are **moving**. After almost a year and a half working out of Crichton Cobbers we are moving on to hopefully bigger and better things. As of **Monday 15th October 2007**, we will be located within **Injury Solutions** medical clinic at **207 Cashel st**. This is right next door to Les Mills Gym between Manchester and Madras with parking at the rear of the clinic via Woolshed Lane...see the map on the back or visit our website after the 15th for a location guide. Bookings can still be made on the above phone numbers or on **03 365 5665**, looking forward to seeing you all in the new clinic!!!...Soon!



Other news in brief: **Hey...Look!**



We are sponsoring David and Jo on the Five passes Cycle Tour...Over the Lewis, down the coast and back over Arthur's...Good Luck!! We still have a few pedometers left so if you would like one, please ask. Our clinic massage wax is now available in small home use sizes, more on this in the next newsletter. Finally, don't forget we have **Gift Vouchers** available for all sessions, they make a great gift idea and what a fantastic way to make massage a part of somebody else's lifestyle. Till next time, enjoy the warming weather, stay active and if massage can help you get more out of life or just help take some of the ache and stress out of it, then make massage a regular part of your healthy lifestyle.



The Interesting Part:

Piriformis : A common cause of Sciatic Pain.

The Piri-what?

The Piriformis is a deep hip-buttock muscle running between the sacrum at the base of your spine and the bony part of your hip. (greater trochanter of the femur)

What does it do?

The Piriformis muscle helps move the leg away from the body (abduction) and turns the thigh outwards (external rotation)

“while balancing on the left foot, move the right leg directly sideways away from the body and rotate the right leg so that the toes point towards the ceiling. This is the action of the right Piriformis muscle.”

What happens?

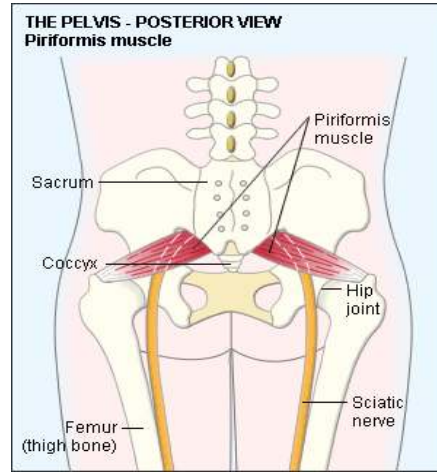
Acute or chronic injury of the Piriformis causes inflammation and swelling which irritates the sciatic nerve resulting in sciatica. This is also known as Piriformis Syndrome. Symptoms include pain deep in the buttock, and pain radiating down the back of the thigh.

What can cause this?

Running particularly hills, extensive walking and bushwalking, cycling, prolonged sitting and trauma are all causes of



Piriformis syndrome. Women are more often affected than men and in 15% of people the sciatic nerve actually runs through the Piriformis either partially or fully, making them particularly predisposed.



How can Good Massage help?

A good deep tissue massage of the Piriformis and overlying muscles of the buttock along with targeted stretching can relax the muscle and relieve irritation to the sciatic nerve.

If you have deep pain in the hip or buttocks, pain or even odd sensation anywhere along the sciatic nerve i.e. back of the thigh, calves or foot, then the Piriformis may well be responsible and a good deep tissue massage could provide the relief you need.

Feel free to phone and discuss your condition and arrange an assessment with me or be referred on to another professional if necessary.



Yes! It's the Incredible Breakfast Quiz!!!

1. New Zealand:

What is New Zealand's deepest lake?

2. TV Nostalgia:

Bodie and Doyle were MI5 agents in what 70's/80's British TV cop show?

3. Comic Superhero:

"The Ghost Who Walks" is better known as...

4 Sport:

In which city were the first modern Olympics held?

5: General:

In days gone by if your profession was that of an Aurifaber, what would you be?

6. Entertainment:

Apparently only one of the seven dwarfs was beardless. Who?

7. Science:

Lygophobia is the scientific name for the irrational fear of what?

8. Bonus Gift Voucher Question

Be the first to email the correct answer and win a free half hour gift voucher.

Mini Caldwell and Ena Sharples were long friends in what British TV soap.



Answers: 1. Lake Taupo 2. The Professionals 3. The Phantom 4. Athens 5. Goldsmith. 6. Dopey. 7. Darkness 1896



The Yummy Recipe Bit

Caro's Carrot Muffins

Ingredients:

- 3/4 cup of sugar (try raw sugar)
- 1 cup of flour (try wholemeal)
- 1/2 tsp of baking soda
- 1 tsp of mixed spice
- 1 tsp ginger
- 1 & 1/2 cups of grated carrot (approx 3 carrots)
- 1/2 cup of chopped walnuts
- 2 eggs (try 1 egg and 1 egg white)
- 1/4 to 1/2 cup of oil (grape-seed)
- 1 tsp vanilla essence

Method:

Mix dry ingredients with carrot, add eggs + vanilla + oil

Bake:

- 180 degrees C for 20 min muffins or 45 min carrot cake or until a skewer comes out clean or bounces back

