

Giving Thanks...

dede dancing, LMT

11/1/10

...This month for those who have enriched my life and my practice of Massage Therapy.

To friends and family who have offered their wisdoms through the years, offered themselves as my sounding-boards and my experimental subjects—you're the best. I would be poor without you.

Many of my teachers in schools, seminars and books have been truly excellent—dedicated to learning and passing on the truth.

Clients/patients, both new, and those who have worked with me from the beginning—nearly 10 years—have taught me as much, I'm sure, as the best of my teachers. Our successes thrill me. Your honest questions and feedback when we're not as successful as I'd like, encourage me to learn more and try harder. Thank you for your trust and cooperation. Thinking about the benefits of massage in preparation for Awareness Week last month led me to consider the benefits we're seeing in our work together.

Plantar Fasciitis (PF): I have worked with at least 20 people who have foot pain diagnosed as PF or consistent with this diagnosis in the past year. All have reported their foot pain reduced or gone after the first session. Once we have established comfort, most people have maintained complete freedom from pain with exercise/stretching and/or massage.

Tendonitis: Seems to take longer (than work with plantar fasciitis) to establish lasting comfort, especially if the aggravating activities continue through the treatment, as sometimes they must if work-related activities are the culprits. Nevertheless we are seeing relief that can last 2-3 weeks even under those circumstances.

Adhesions/Scar tissue release and flexibility: This is an area in which we're seeing some of the most dramatic and exciting changes. Scarring and adhesions that have caused discomfort and pain conditions for up to 25 years are releasing. We are restoring health and comfort to those and surrounding tissues.

Rotator cuff rehabilitation: Several of you have experienced long-term pain and discomfort with rotator cuff injuries, that have not been completely relieved even with surgery. We are finding the complete relief, and re-establishing the comfortable range of motion you were looking for.

Low back pain/hip mobilization: Another area in which we're seeing dramatic results—People who've not had comfort for 10 or more years are moving freely, with comfort and stability they thought was gone forever.

Thank you all. Happy Thanksgiving to you.