

Warriors All

July, 2011

dede dancing, LMT

One thing I've noticed as I work with more and more people over the years, is that we're all warriors. This life presents challenges we come to with the tools, information, and physical abilities we have at that moment in time. We do the best we can under those circumstances.

When humans simply lived for a living—just a moment ago as God and the planet might measure time—living was enough to keep us in good physical condition. Hunting, fishing, building shelters, tending gardens and children, hauling water, keeping predators at bay...these were our daily activities for most of the time humans have been up walking around.

These days most of us spend most of our time working for a living in jobs that do not provide opportunities for whole body movement.

Weekend Warriors are born out of a need to get things done, and/or a desire to play hard in the free moments we do have. Injuries sustained by weekend warrioring are the #2 reason people go to doctors, just behind those complaining of a cold.

A panel of 3 orthopedic surgeons quoted in US News and World Report recommend you warm up slowly, in ways that warm all the muscles of the body for 5-10 minutes prior to your planned activity—whether that's cleaning the gutters, or a game of ultimate Frisbee. After your activity spend 10-20 minutes stretching your muscles in a balanced fashion. They focused on balancing strength and flexibility in the muscles that work together and antagonistically in your body to avoid the most common injuries, including rotator cuff problems, elbow tendinitis, arthritis, knee cartilage and ACL tears, Achilles tendon problems and low back pain.

In your daily routines (not on weekends) remember to stand up straight, pulling your shoulders back and down. Tuck your chin a bit to lengthen the back of your neck, and ensure your head is resting above your shoulders—not hanging unsupported out in front of you. Stand and walk as often as you can, keeping those things in mind...

...and get your regular massage therapy.

In the month of July I will be practicing new skills (inspired by Thai massage) working with patients on the floor. Those who've tried it so far have enjoyed the experience, and said it left them a little sore the first day, then feeling really good. If you schedule one of these massages wear your work-out clothes or something comfy and stretchable.

All floor massages in the month of July will be \$65 for 1-1/2 hour, \$55 for 1 hour.

See you there!