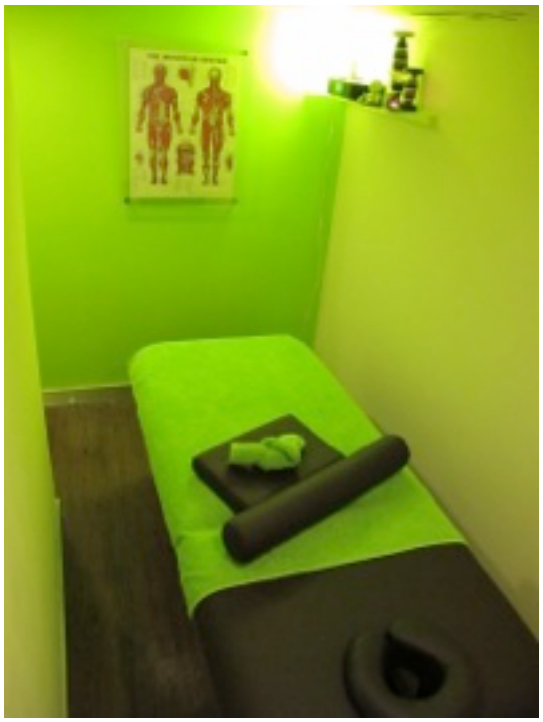
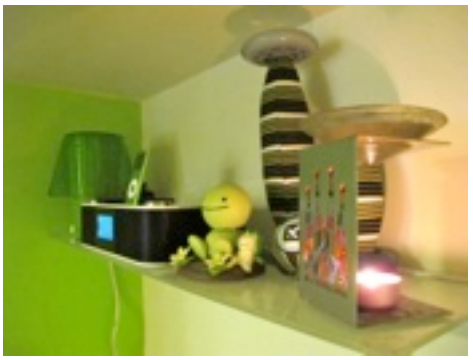
We Train Trainers To Train Never Be The Same
培訓專才 開拓不一樣的未來

Health Journal Jun 2012

Sports Therapeutic Massage & PNF stretching





We are very excited to announce that our Sports Therapeutic Massage & Stretching is coming very soon to ANA! You can tell that we did not become a crouch potato after our 10th Anniversary Celebration, in fact we are working very hard on our renovation, and this Relaxation Room is only part of it! So keep your heads up and we will keep you all updated!

Myofascial (Muscle) & Joint Pain Syndrome is very common condition, is a collection of sign and symptoms in a particular area of the body that indicate muscle trauma. This can be a recurring cycle of spasm, which is known to decrease blood flow and then results in pain. The pain leads to more spasm, and the cycle continues. (Please refer to the passage below for further explanation)

What is the difference between Sports Therapeutic Massage & Stretching and Common Massage?

- Base on western technique, involved scientific research and require knowledge of anatomy & physiology
- Conjunction with trigger point, focus on specific pain area
- Including stretching component i.e. Proprioceptive Neuromuscular Facilitation, PNF (Further explanation on next's month journal)

Benefits

- Shorten recovery time between workouts
- Improve range of motion and muscle flexibility, resulting in improved power and performance
- Maximize the supply of nutrients and oxygen through increased blood flow
- Enhance elimination of metabolic by-products of exercise
- Reduce the chance of injury, through proper stretching and event preparation, and through deep tissue massage

Target for people with

- **Low back pain**
- **Frozen shoulders**
- **Knee pain**
- **Tennis' elbow**
- **Golfer elbow**
- **Wrist pain**
- **Plantar Fascitis & etc**

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Myofascial (Muscle) & Joint Pain Syndrome

Causes

Myofascial pain may develop from excessive strain on a particular muscle or muscle group, ligament or tendon.

Other causes include:

- Muscle injury
- Injury to intervertebral disc
- General fatigue
- Repetitive motions
- Medical conditions (i.e heart attack, stomach irritation)
- Lack of activity (i.e broken arm in a sling)

Symptoms

Myofascial pain symptoms usually involve muscle pain with specific "trigger" or "tender" points. The pain can be made worse with activity or stress. In addition to the local or regional pain associated with myofascial pain syndrome, people with the disorder also can suffer from depression, fatigue and behavioral disturbances.

Stiffness

Muscle stiffness may be caused by vigorous physical activity following a prolonged period of sedentary living. This is known as Delayed Onset Muscle Soreness, or DOMS. DOMS is characterized by pain and stiffness in the muscle for 24 to 72 hours post-exercise. Some possible causes are minor muscle or connective tissue damage, local muscle spasms that reduce blood flow, or a build up of waste products (lactate acid) from energy production.

Trigger points

Trigger points or stress points may also cause muscle soreness and decreased flexibility. These points are specific spots in muscle and tendons which cause pain when pressed, and which may radiate pain to a larger area. They are not bruises, but are thought by some to be small areas of spasm. Trigger points may be caused by sudden trauma (like falling or being hit), or may develop over time from the stress and strain of heavy physical exertion or from repeated use of a particular muscle.




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Swelling & Inflammation

Swelling and inflammation due to traumatic soft tissue injury and certain medical condition can affect joint and muscles, causing pain or discomfort and limiting active range of motion in the affected joint or body segment. Swelling around injured tissues occurs after a sprain or strain injury, as a response to soft tissue damage. Excessive swelling and inflammation, along with the pain that typically accompanies these types of injuries, reduces active range of motion.

Decreased Joint Range of Motion

A common symptom associated with joint and muscle pain is decreased range of motion, although pain does not have to be present to experience a reduced range of motion in one or more joints or body segments.

Heavily exercised muscles may also lose their capacity to relax, causing chronically tight (hypertonic) muscles, and loss of flexibility. Lack of flexibility is often linked to muscle soreness, and predisposes you to injuries, especially muscle pulls and tears. Blood flow through tight muscles is poor (ischemia), which also causes pain.

Other possible causes of decreased joint range of motion include medical conditions that prevent a joint from fully extending, causing contracture deformities and an inability to move the involved body part or joint past a fixed position. Scar tissue from injuries or surgery may also be painful and limit a joint's range of motion.

Pain Management- Sports Therapeutic Massage & PNF Stretching

Purpose

- Relaxation effect before and after exercise and sports
- Increase blood circulation and flexibility to prevent sports injuries
- Improve performance
- Relax muscle and promote recovery

Physiological

- Decrease stiffness of muscle and tendon
- Increase range of motion of joint

Psychological

- Increase the level of concentration
- Increase the body perception and awareness through touch

Type

- Muscle relaxation
- Therapeutic Massage

Recovery

Therapeutic massage helps the body recover from the stresses of strenuous exercise, and facilitates the rebuilding phase of conditioning. The physiological benefits of massage include improved blood and lymph circulation, muscle relaxation, and general relaxation. These, in turn, lead to removal of waste products and better cell nutrition, normalization and greater elasticity of tissues, deactivation of trigger points, and faster healing of injuries. It all adds up to relief from soreness and stiffness, better flexibility, and less potential for future injury.

In addition to general recovery, massage may also focus on specific muscles used in a sport or fitness activity. For example, areas of greater stress for runners and dancers are in the legs, for swimmers in the upper body, for tennis players in the arms. These areas are more likely to be tight, lose flexibility, and develop trigger points.