

## Spring Greetings and News from Yahara Therapy – 10 March 2009

Hello clients and friends of Yahara Therapy!

I am writing with some updates, news and changes to share with you.

### **First things first:**

I want to thank you for sharing with me - be that as a client, colleague and/or friend. I continue to learn and grow with you all the time.

### **Some good news and some not-as-good news:**

The not-as-good news is that I was not accepted into the DPT (doctor of physical therapy) program this year at the UW Madison.

The GOOD news is that I have a full year with which to focus on my massage practice and some other personal pursuits! That means continued--even expanded--appointment flexibility for you!

I plan to apply to the program for summer of 2010. Meanwhile, I hope to continue my education by taking professional massage training courses and by continuing my work tutoring Physiology at the UW. I also hope to expand my knowledge in exercise physiology and physical therapy specialties. If you'd like to know more about this journey, please ask!

### **New additions...**

I am a proponent of helping people help themselves feel better. To that end, I continue to keep up to date on the latest in massage, bodywork, fitness and other health issues.

### Self-treatment:

I have recently purchased a self-treatment tool that you can view and use next time you come visit. Just one of many similar options, this tool allows easy access to painful trigger points (painful muscle "knots"). I bought mine locally (Madison, WI) at [Community Pharmacy](#).



### Help for hands:

For relief of sore hands, including osteo-arthritis, I have added a therapeutic a warm, paraffin bath treatment to my services. Medical grade, purified (unscented) paraffin is heated to a liquid form so that you can immerse your hands (or elbows!). As the paraffin cools, it traps the warmth in, allowing it to penetrate your joints and other tissues helping to relax and relieve pain. An added benefit is softer skin. I also have it from a good source that professional athletes use this treatment to help increase their skin friction for enhanced passing, throwing and catching!



This service will be \$5 per session, scheduled when you schedule your massage. The wax treatment is done prior to your massage, is in place during most of the session, and is removed before the session is over. Those with medical issues such as high blood pressure and neuropathies should get permission from their health care provider before trying this.

If you have more questions, please call or email.

#### **...a subtraction!**

Thirty-minute massages are now \$35 (down from \$40).

#### **Thai Yoga Massage. Try it, and share your experience!**

I have been fortunate to continue practicing Thai Yoga Massage with many of you.

If you are intrigued about this form of bodywork, please consider accepting my offer of a one-hour session for \$50 or a 90-minute session for \$75. (*This offer is good for first-time Thai Yoga massage sessions, only.*)

If you have received Thai Yoga massage and would be willing to share your experience with others in the form of a testimonial, please contact me!

For more information, visit the ["Rates and Payment" page](#) and the ["Types of Massage" page](#) on my website: [www.yaharatherapy.com](http://www.yaharatherapy.com)

#### **Recommendation:**

A reference that I use frequently is the [Trigger Point Therapy Workbook](#) by massage therapist Clair Davies (and his daughter, Amber Davies). This book brings the medical field of trigger point treatment to you in an easy-to-use, invaluable reference.

Trigger points are painful, contracted muscle fibers ("knots") that may send pain to other parts of the body. You might have chronic headaches that are the result of trigger points in your neck. I often have neck and arm pain from a chronic trigger point near my shoulder blades.

The book is written to help people treat their own areas of pain. Click the link for more information, and feel free to check out my copy next time you are in the office.