The Scope of Massage Therapy
Results that last

By Rose Murdoch, Owner

Massage therapy is quickly becoming the “go to” therapy when people experience pain. The advantage massage therapy provides is based on our hands on approach. We use our hands to assess the tissue, feeling for imbalances in the body. We use our hands to work on scar tissue, inflamed tissue, immobilized tissue, flaccid tissue, and injured tissue. We are trained to address the tissue in a safe and effective manner. We can often “find your spot” very quickly and feel when the tissue changes.

The scope of massage therapy is increasing. We can use ultrasound, interferential therapy, acupuncture/dry needling and sports taping. We can do assessments and muscle energy techniques to realign the pelvis, spine and cranial bones. We are trained in advanced bodywork including craniosacral therapy, visceral massage, positional release, and intra-oral work. We have therapists who are more in-tune with energy work, offering reiki, quantum touch, acupuncture and craniosacral therapy. We also have therapists who offer wonderful relaxation treatments, like hot stone massage, hot bamboo fusion, indie head massage, acupressure and aroma-touch therapy.

Our therapists spend one on one time with our clients, working directly with their tissue. This enables us to treat the condition effectively offering results that last. Massage therapy has been shown to reduce stress, anxiety, depression and fatigue. We know that our emotions affect our health, and many clients will often spend their treatment, letting it all out. You privacy is always respected and we can’t pass on anything you say to anyone. Imagine the weightlessness you’ll feel after your treatment. Massage therapy is a genuine healing modality, and your massage therapist is a health care professional. People love massage because they feel the changes happening., they feel cared for and they understand the long term benefits it can offer.
Support Your Immune System
Nourish your soul

By Sue Hall RHN

Colder weather... We just can’t get away from it, even though some of us may want to. I say embrace it with all that you can muster and keep the body as healthy as you can. The colder months are a major stressor on the immune system. Darker days, colder weather, lack of sunshine, on top of the added stress around the hustle and bustle of the holidays; all these factors contribute to weakening our immune system.

The immune system is a complex system in the body responsible for fighting disease. Its primary function is to identify foreign substances in the body (bacteria, viruses, fungi or parasites) and develop a defense against them.

This intricate system can become depressed or weakened by various things including emotional stress, inadequate sleep, overtraining, environmental and occupational chemical exposure, UV and other types of radiation, viral and bacterial infections and smoking. The foods we put into our body will also have an impact on our immune response. Alcohol, refined sugar and lack of protein all contribute to decreased immune function.

Sugar decreases the function of your immune system almost immediately. It is especially important to avoid sugar if you feel you are coming down with something. Avoiding sugar on a regular basis will do wonders for your health and make your body stronger. Food manufacturers know people like sugar. That’s why they add sugar to many products, including soups, sauces, canned and packaged foods. Next time you go shopping be sure to check the labels for hidden sugar. Some alternative names for sugar you might see on food labels include Dextrose, Maltose, Fructose, Lactose, any kind of syrup, concentrated fruit juice, corn sweeteners or any variation of these names.

Life is busy, and we can all appreciate how challenging it is to prepare healthy and wholesome meals. During these cold months, soups made from nutrient-rich whole foods, become my best friend. Quick and easy to make, you can prepare a meal in less than 30 minutes that contain all of the essential nutrients to strengthen your immune system. Adding ingredients like ginger and garlic, not only boost your immunity, but are comforting and warming; soothing to the soul.

Carrot Ginger Soup

Ingredients:
1. 2 Tbs of coconut oil or olive oil
2. 4 large carrots, peeled and sliced
3. 1 sweet onion, peeled and chopped
4. 1 clove garlic, chopped
5. 1-2 teaspoons grated fresh ginger
6. 4 cups organic vegetable broth
7. Sea salt & pepper to taste

Preparation:
1. In a soup pot sauté carrot and onion in coconut oil until fragrant
2. Add garlic and ginger, sauté for 2-3 minutes
3. Add broth; simmer on low heat until vegetables are soft (approx 20-30 minutes)
4. Remove from heat, allow to cool and puree in blender until smooth
Emotions
The effects on health
By Jennifer Plummer RAc

Traditional Chinese Medicine can treat more than your aches and pains. It goes deeper than the main symptoms. For example, if you were a tree then Acupuncture would treat the "roots for the branches". In other words, treating the whole body and not the main symptoms. One big way that disease can occur is through our emotions. While emotions are a normal part of our existence, prolonged emotions can affect our health especially when they become repressed or excessive, and there is no avenue for release. These prolonged emotions can cause disharmony and disease in the body and manifest as physical symptoms.

The Emotions that Can Cause Disease:

Anger - Prolonged anger and frustration can lead to high blood pressure, aches and pains in the joints and ligaments, pain in the upper abdomen, PMS symptoms, and vision problems (blurry or dizzy eyesight).

Fear - Those who are very fearful can cause issues with low back pain, edema and even bladder infections.

Fright - Fright is different from fear. Fright is being startled by things that are there. Where fear you can be afraid of things that are not necessarily there. Those who do get frightened easily can be indecisive, confused and lack courage.

Sadness/Grief - Can decrease your immune system, allowing you to be more susceptible to colds and flu's. More prone to get asthma and shortness of breath, sinus infections, cough, puffiness of the face and skin problems (rashes, eczema, psoriasis).

Joy - Seems strange that joy should be an issue as we all want to be happy. Too much joy (people who laugh too much or inappropriately) or a sudden joy from a surprise can lead to disease. Some which include heart palpitations, insomnia, muddled thoughts, mania, and heart attack.

Worry - People who worry all the time often have issues with their stomach and large intestine. Such as poor digestion, IBS, diarrhea and constipation, bloating, and acid reflux.

By having regular acupuncture treatments, not only can your Acupuncturist treat your chief complaint but also the underlying causes, which are often tied into our emotions. By stimulating certain acupuncture points helps to balance and release repressed emotions and keep you disease free.

Registered Acupuncture, RAc

Acupuncture in Ontario became a regulated health profession on April 1, 2013. Registered acupuncturists have completed over 2200 hours of Traditional Chinese Medicine Training. They have also passed both a written and oral practical exam. They maintain their registration yearly with The College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario, and are required to complete continuing education courses.

Jennifer Plummer is also a certified aromatherapist. She offers aroma-touch therapy and makes her own line of skin care.

Many extended health care plans now offer coverage for acupuncture. We offer treatments for pain, digestion, allergies, fertility, cosmetic enhancement, depression, nerve pain and so much more. You can now book with Jennifer at both our locations and reach her directly at jennifer@abilitystudio.ca
Functional Therapeutic Taping
Not just for athletes

By Libbie Turcotte, RPN, RMT

Functional therapeutic taping can be used in four ways, to relax muscles (decreases spasm, cramping, inflammation and pain), facilitate muscles (reduce muscle fatigue), improve lymphatic flow (increases blood and lymph flow beneath the skin surface, reduces inflammation by directing exudate towards lymph nodes and is excellent for contusions, chronic swelling and edema) and to approximate tissues (by crowding the tissue it creates space over an inflamed, restricted or painful area).

There are many benefits for the use of the tape. It can decrease pain, inflammation, helps relax cramps and tight muscles, supports muscles and allows for movement, increases body awareness and supports joints.

The tape can not be used if an area can not be massaged, if you have sensitive skin or if you have a lot of hair (it might be advised to shave the area if you want the tap to be applied it won't hurt as much when removed).

This taping method is different then most because it allows for full ROM and does not restrict movement, it's not to be used for joint stabilization, it has elastic qualities, it's non latex, has a heat activated adhesive, is a waterproof adhesive and can be applied for long periods of time (meant to last 3-7 days and takes approximately 20 minutes to fully activate).

Functional therapeutic taping can be use for a wide range of injuries, conditions, post surgery procedures or pre/post sporting event and the list goes on. These treatments are anywhere from 10-20 mins. And there are a few therapist between both Ability Studio and The Massage Shoppe who have the training and skills available for your needs. Come in today and check out the functional therapeutic taping modality.

Libbie Turcotte RPN, RMT, has been using this taping method with her clients since 2012. She also offers sports massage, deep tissue massage, pre-natal massage, craniosacral therapy, reiki and reflexology. Libbie started working at Ability Studio in 2009, she has helped to form the company and to train the new massage therapists who join us. She is available Monday-Friday at Ability.

September 2012, Rose, Libbie and Bruce travelled to Las Vegas for a weekend of training and received certification as Functional Therapeutic Taping Specialists.

Spider Tech tape works great! It performs best the day it is applied, but will last well up to 4 days.
Ongoing Learning
Try Something New

By Rose Murdoch

Our 22 therapists are awarded an annual bursary to further their education and advance their treatments. They choose their courses, often traveling across the province, throughout the country and into the United States to bring our communities leading research and advanced skills in their field.

Over the last two years we were able to bring new modalities to our clinics via our highly trained RMTs and RAcS.

Bamboo Fusion

Bamboo-fusion™ is a luxurious and versatile new modality offered by Lauri Peltier, RMT. This technique promotes a deep sense of relaxation and well-being for the client. The heated bamboo sticks glide easily across the skin, reducing tension and encouraging the body and mind to feel regenerated and revitalized. Looking for deep tissue massage? Here is a wonderful way to get that deep tissue feel without the soreness that can often accompany traditional deep tissue massage.

Indie Head Massage

This invigorating hot oil treatment on the face, scalp and hair is offered by Jackie Martin, RMT. It focuses on the facial muscles to alleviate symptoms of tension headaches, stress, anxiety, depression, sinusitis and general exhaustion. You’ll leave feeling rested and rejuvenated!

AromaTouch Massage

This 30 minute unique massage is offered by Jennifer Plummer, Registered Acupuncturist (RAc). Essential oils are applied to reduce stress, detox the body, reduce inflammation and support the central nervous system. The oils are massaged along meridians for a therapeutic effect. You can also add a 30 minute acupuncture treatment to this appointment to boost the immune system to fend off cold and flu. If you have acupuncture benefits, Jennifer can provide you with a Registered Acupuncture receipt for this service.

Cosmetic Acupuncture

Looking to brighten your face, reduce redness, decrease fine lines and wrinkles in a safe and effective way? This service is offered by Registered Acupuncturists, Jennifer Plummer and Anu Sahgal. Try this for the holidays and you’ll have everyone wondering what your secret is! A Registered Acupuncture receipt is provided.

Positional Release

This treatment will change the way you think about massage therapy and massage therapists forever. Working with bony structures, fascia, tendons and muscle tissue, your therapist will be able to stop your pain with subtle movements. Donna Rafits, Stephanic Tosopeus and Deborah Schock are now offering this advanced technique.

Manual Therapy

Have you tried it all and still can’t get the relief you’re looking for? This treatment includes a detailed assessment, active and passive release of the tissue and hands on release of fascial, visceral and craniosacral restrictions. Bruce Ford and Blair Dunbar have been offering this therapy over the last few years with phenomenal results and positive client feedback.

Time To Reflect

It truly has been a wonderful year and we are so fortunate to have our health. This year our therapists helped so many people in our community just simply feel better. Starting at the beginning of life, our acupuncturists turned breech babies and induced so many labours to help women have natural deliveries. We then offered ultrasound therapy to unblock milk ducts so moms could feed their new babies. Then the growing pains of early childhood were treated with craniosacral therapy to correct the trauma infants endure during delivery.

From there we welcomed many young athletes and even youth suffering so early in life from cancer. As teens and early adults we treated “texting thumb” “computer neck” and multiple “desk jockey” ailments. We treated professional athletes and also triathletes undergoing chemo. We worked on clients with sprains, strains and breaks. We helped people walk again, sit again and sleep again. We worked with clients living with disabilities, multiple sclerosis, parkinson’s, dementia, rheumatoid arthritis and psoriasis. We help people quit smoking, lose weight and gain mobility.

We treated so many, but really we are the ones who want to give thanks. Thank you for trusting us, referring to us and most importantly for your continued patronage. We wouldn’t be here, doing what we love to do, if you weren’t coming in and improving your health. Thank you for making 2015 so memorable and worthwhile!
Open House

Join us on Saturday December 12th 10am-3pm at The Massage Shoppe and Sunday December 13th 10am-3pm at Ability Massage Therapy & Acupuncture Studio

*Free Christmas Cheer
*Gift Card Sale
*Bring in a food donation for our local food banks for a chance to win a free massage or acupuncture treatment. One entry per food item.

$5 off any treatment from January 1-31, 2016.
One coupon per person.
Happy New Year!