

## Mobile massage

For 30 years Sam August toured the music circuit as a professional guitar player. From Vancouver to Montreal he lugged his music gear in and out of countless venues, suffering the typical grueling ailments such as chronic lower back pain and sciatica from long hours of driving between shows.

After August found it more and more difficult to make a living from playing music professionally, he set his sights elsewhere. He wanted to continue working closely with people while still being self-employed.

### THERAPY ON THE GO

August is now a mobile massage therapist, servicing a wide range of clients in home-based sessions, in corporate gatherings, and even at the recent Moody Blues concert.

The engaged father of two recently answered some questions about his line of work.

What type of education do you have?

I attended the 1,000 hour program offered at Makami College of Massage. After many weeks of due diligence and meeting with most of the gate-keepers at the different colleges, I found myself going back for more information to Makami. I had the people skills down, which is in itself integral to success in the business. It took a great deal of discipline to go to school all day, work part-time and study every night. However, it paid off.

What are some of the benefits of the job?

There isn't much redundancy in this profession. A typical day in a clinic can see you dealing with someone with whiplash followed by a woman seeking relief from a third trimester pregnancy. It's all varied and keeps things interesting. Massage therapy, often combined with chiropractic care, is a well-proven method of healing. The two very often go hand in hand.

This field is ultimately about serving and helping others. Everything you bring to a session, your disposition to your posture, creates the setting and influences the experience for the client.

Have you encountered any discrimination being in a female dominated business?

Although still heavily dominated by women, I'm sure it's somewhat easier now than it used to be even five years ago for men, as massage therapy is more accepted and more people are using massage services, in part from word of mouth - by individuals who've had success with it - and in part to more and more people seeking out more natural ways of finding relief from chronic muscle pain.

Many clients, female or male, if they are particularly seeking a deep tissue massage, will usually ask if a male massage therapist is available. That's not to imply that a female massage therapist cannot deliver it, it's simply that in general, the physical attributes of men are what dictate that.

Why did you decide to pursue mobile massage therapy?

One day I decided, that since my whole career as a musician had always involved loading gear in and out of venues, I could do the same with my massage table or chair and deliver my services on-site, thereby allowing more people access to this great form of naturopathic wellness.

What are the benefits of a chair massage?

Sore muscles and fatigue are often because of poor circulation, inactivity or over-exercise. Chair massage stimulates the circulatory system, which in turn promotes cellular exchange of nutrients. This allows substances like lactic acid to be removed from irritated areas and then oxygen and nutrients can be replenished to areas that need them.

Most chair massage sessions run 15 minutes, compared to a table massage that lasts 30-60 minutes. For a chair massage, a client, dressed as they were before with jackets and sweaters removed, sits forward facing into an ergonomically designed, comfortable massage chair and has areas worked on such as the back, neck, shoulders and arms. Stress and tension are reduced, along with the immediate reduction (typically) of pain the client may be experiencing in these areas, but in almost all cases, it brings about a renewed sense of calmness and a better disposition.

What advice would you give a male looking to enter the field of massage therapy?

To ensure the most success, male therapists shouldn't look to a spa setting, but rather to a medical-based practice like a chiropractic or physiotherapy clinics, sports massage clinics or fitness centres, where there is exposure to more people in these industries and where the emphasis is on technical skills and solving problems; and many women, if they are being treated by a male therapist, simply feel safer in an environment with a lot of people.

ALWAYS BE LOOKING

The other thing I strongly suggest is to get frequent massages from other therapists - you may learn something new but, at the very least, it's the perfect opportunity to do some networking - you never know where it can lead to.

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Two, exercise prescription - is that the evaluation of the body on the basis of the physical needs of the exercise, in accordance with the principles of science and fitness, to provide training for the quantitative guidance program. Its purpose is to guide the people to a planned science as a form of exercise. Divided into therapeutic exercise prescription and preventive exercise prescription two types. Movement therapy is implemented through the development to the exercise prescription.

Answer: (1), the purpose of exercise prescription: general include: improve health and reduce risk of chronic diseases, and protect health and safety training participants. Developed exercise prescription, based on personal interest and fitness needs of its objectives should be focused. Each individual should have exceptional special and clear objectives.

American Sports Medicine (avoids) Recommendation: The exercise intensity exercise prescription should be equivalent to 60-90% of maximum heart rate or heart rate 50-80% of the reserves. Right before training in the low level of physical fitness should be a corresponding reduction standards, exercise intensity should be equivalent to 40-50% of heart rate reserve.

Answer: (1), sports types: aerobic endurance exercise and assert flexible movement. Various walking, jogging, running alternately taking, cycling, aerobic dance, aerobics, intense ball games; Suitable for improvement, improve cardiovascular function, the prevention of cardiovascular disease and contribute to the rehabilitation of cardiovascular disease. Taijiquan, Ba Duan Jin, five birds drama, gymnastics, aerobics slow tempo, medical gymnastics, various health qigong, suitable for the prevention and treatment of cardiovascular disease, rehabilitation.

Note: there were cardiovascular diseases, some sports are absolutely unable to participate in treatment, rehabilitation for the purpose of the exercise prescription should be particularly pointed out that, if injured, and static movement. If the movement of a flustered, shortness of breath, physical discomfort situation should immediately stop movement, the campaign to prepare before finishing and activities, immediately after exercise should not sit or lie down, do not immediately eat the cold food, not to get the bath or swim.

Endurance (aerobic) exercise: Aerobic exercise prescription is the most fundamental, most important training mode. In therapeutic and preventive exercise prescription, mainly for the cardiovascular, respiratory and endocrine systems of chronic disease prevention and rehabilitation. Aerobic exercise common items include walking, jogging, running alternately go from top to bottom stairs, swimming, cycling, rope skipping, rowing, skiing, and ball games. Strength exercise: strength of the movement can enhance muscle strength and improve neuromuscular coordination, increased joint flexibility, the general nerve paralysis, osteoporosis and joint movement disorders are more applicable. Forces Movement generally include passive movement (through the exercise of ancillary facilities), Power movement, load-free campaign (as in the water, etc.), active resistance movement and anti-movement.

Stretching exercise and aerobics: both for the treatment and prevention of diseases, but also for fitness and aerobics, the main effect is to effectively relax the spirit, eliminate fatigue, body and improve body flexibility, control hypertension, such as neurasthenia. Projects include tai chi, qigong health, medical and gymnastics.

Continuous movement over the affordability of human functioning, it would seriously affect physical training effect, causing the body ranging from fatigue, severe unnecessary movement of injuries. Under normal circumstances, the duration of each exercise 15-60 minutes to the appropriate, in a few minutes of intense exercise can ease some movement itself, and then turn each other.

Answer: a) The purpose of Exercise Prescription: right in the middle-aged and elderly individuals, the goal of exercise prescription is varied. General:

improve health and reduce risk of chronic diseases, and protect health and safety training participants. Developed exercise prescription, based on personal interest and fitness needs of its objectives should be focused. Each individual should have exceptional special and clear objectives. Drafting exercise prescription, its main focus is to improve and maintain physical fitness level, such as increased heart and lung function and increase muscle strength, but on how effective prevention of chronic diseases considered inadequate.n

Movement type of choice: the choice movement in the elderly should be possible to consider the types of personal fitness level, personal interests and hobbies preferences, personal training and other objective criteria, but we must remember that the prevention of chronic diseases (Movement inadequate disease) occurred chronic patients the health situation is the most basic goal of bodybuilding.n

In determining exercise intensity exercise intensity before, we must consider the following factors: the level of personal fitness, whether taking the drug on training, cardiovascular accidents and the risk of bone and joint injuries and how, personal interests and hobbies, personal objective criteria. At present, both at home and abroad is more use of heart rate control exercise intensity.n

Movement duration: general requirements, exercise intensity exercise reach target rate, at least for 20 to 30 minutes. Continued movement and the length of time a negative campaign strength, intensity, duration can be reduced accordingly, small intensity exercise time can be extended accordingly. Poor physical and bodily functions, from the low-intensity exercise, gradually increase the intensity and movement time; Physical better, exercise more experience can choose between exercise intensity, physical activity should also be headed.

## About the Author

From [www.edmontonsun.com](http://www.edmontonsun.com):

Consult with your provider or physical therapist to determine when to begin strengthening exercises. As pain improves, the level of difficulty.

Physical therapy to treat back pain includes both passive and active treatments, including stretching, strengthening and low impact.

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Physical Therapy, Brief Display. Websites. Disabilities and Exercise Commercial site linking to educational institutions and other sites that have.

Treatment focuses on medication to reduce inflammation, physical therapy stretching exercises to preserve motion, and restriction of activities.

Learn how exercise can help arthritis sufferers, including reducing joint pain and stiffness and increasing flexibility, muscle strength, and endurance.

Our licensed therapists can help restore function and improve mobility by providing you physical therapy exercises. With our aquatic.

Learn back stretches and back exercises to and strengthen the muscles in your back, in this free online.

Source: <http://www.productsherbal.com>