

## Specialising in:

- + Neuromuscular Therapy
- + Postural Corrections
- + Treatment Massage for Muscle Aches & Pains
- + Therapeutic Massage
- + Kinesiology (Muscle Testing)
- + Sport Performance
- + K Taping
- + Stress Management
- + Lifestyle Education



Next  
Reiki Level 1  
Workshop  
July 24<sup>th</sup> 5-10pm  
One place left!

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Call Karen  
021 757871  
06 3676465

**Chronic pain usually starts with an acute injury or illness.** If the pain of this injury or illness lasts longer than six months, it's then considered chronic pain. Sometimes, chronic pain subsequently causes secondary complications which make the original pain worse; this then becomes a vicious cycle.

Some common secondary complications are: Lack of sleep; becoming more tired, things 'bug' them more and more, so that coping with the original pain gets harder and harder.

Having to stop work, therefore financial stress, not being able to focus on day to day things adds to not being able to sleep.

Often people with chronic pain are forced to change family roles; missing out on activities, functions and friendships resulting in guilt. Also people tend to report some combination of fear, irritability, anxiety and depression. People also tend to express that they have lost their sense of direction to life. They are stuck. These are all common issues when living with chronic pain.

These problems cause stress (stressors). These stressors can make pain worse because stress affects the nervous system. It makes the nervous system more reactive and you become 'nervous.' Now, pain is also a nerve related problem. Whatever its initial cause, pain travels along the nervous system to the brain, which is also part of the nervous system. Once reaching the brain, it registers as pain. When stress affects the nervous system, making it more reactive, the pain signals reach the brain in an amplified way. So, stress leads you to have more pain.

The vicious cycles of pain become clear. Chronic pain causes stressful problems, which, in turn, cause stress that makes the pain worse. This combination of chronic pain and the resultant problems that make pain worse is what we call a chronic pain syndrome.

### What does chronic stress start to look like:

- fatigue
- mood swings
- sleep disturbances
- sex hormone imbalances – PMS, menstrual irregularities
- skin issues
- digestive issues
- thyroid problems
- puffy face and central weight gain
- difficulty losing weight
- lowered immunity

## this issue

**Chronic Pain is worsened by stress .....P.1**

**NMT.....P.2**

### Treatment

Living well with pain involves using a number of strategies, including:

1. taking an active role in your treatment
2. identifying strategies to help you manage stress
3. a *gentle* exercise programme
4. tackling your worries
5. maintaining a healthy weight
6. as a family, learn about pain together and talk about strategies for difficult situations making sure that there are pleasurable activities in your week
7. some people may find medication helpful
8. beware of people selling wonder cures.
9. look for health professionals who understand about pain and can give you the tools to manage at home.

If your pain persists and is affecting what you can do, ask your doctor/nurse about referral to your local pain service, pain specialist or a local pain programme.

**Increasing your self-awareness** about stress is crucial. Ask yourself:

- Am I stressed?
- Am I used to that feeling of stress and have
- How is stress impacting on my health and quality of life?
- Should I make dealing with my stress a priority?

**MOST PEOPLE GO TO MASSAGE THERAPISTS TO REDUCE PAIN. THERE'S A RELEASE OF SEROTONIN, WHICH IS THE BODY'S NATURAL PRODUCTION OF ANTI-PAIN CHEMICALS. ADDITIONALLY, AN AGGRAVATING FACTOR IN PAIN SYNDROMES CAN BE A LACK OF DEEP, RESTORATIVE SLEEP. MASSAGE IS VERY EFFECTIVE AT INCREASING DEEP SLEEP. WITH MORE DEEP SLEEP, YOU HAVE LESS PAIN.**





### Sautéed Silverbeet, Creamed Blue Cheese and Pine Nut Bruschetta

#### Directions

1. Slice some sourdough and brush with olive oil. Grill until crisp around the edges.
2. Break up some blue cheese and place in a mixing bowl. Whisk the cheese with a splash of cream to form a loose spread.
3. Heat a frying pan and add a splash of oil and butter.
4. Fry sliced silverbeet stems until golden, then add the chopped leaves with a knob of butter and a dash of water to help wilt. Cook for 4 or 5 minutes.
5. To put together, add a generous lick of the creamed blue cheese to the bruschetta bases. Top with cooked silverbeet, then finish with a scattering of the toasted pine nuts.

[www.bite.co.nz/recipe/6849/Sauteed-silverbeet-creamed-blue-cheese-and-pine-nut-bruschetta/](http://www.bite.co.nz/recipe/6849/Sauteed-silverbeet-creamed-blue-cheese-and-pine-nut-bruschetta/)

**Watch this Winter Tip!**

**Pressure Points for Relief and Drainage of your Sinus**

### Neuromuscular Therapy (NMT)



Neuromuscular treatment therapy is related to Swedish Massage; also known as deep tissue massage. However it is more medically directed than any other types of massage therapy and focuses on where pain arises from soft tissues (muscles, tendons, ligaments, fascia) and the referral patterns that may occur.

Neuromuscular treatment or massage is also known as "Trigger Point" massage because it focuses on taut bands of soft-tissue and the pain patterns and restrictions they cause.

Neuromuscular treatment targets the actual site with finger pressure. This can be uncomfortable at first and usually after 7-11 seconds pain eases off. It is important to communicate with the therapist about the pressure applied to the trigger points. It shouldn't be overwhelming.

However, once you get past the initial discomfort, neuromuscular therapy can be very beneficial. Painful muscles aren't getting enough blood and oxygen. This results in lactic acid building up. Neuromuscular therapy releases the lactic acid build up and frees up the stuck adhesions in the muscle fibres.

Neuromuscular therapy can deliver benefits beyond what other methods of Swedish massage can, resulting in relaxation and being pain free.

NMT assessments and examinations primarily address

- ischemia (tight tissue with reduced blood flow)
- myofascial trigger points (hypersensitive points within muscles that give rise to referred phenomena, including pain)
- neural entrapment (pressure on nerves by muscles and other soft tissues), and nerve compression (pressure on nerves by osseous and other bonelike tissues, such as cartilage or discs).
- postural assessment (assessment of the position of the body as a whole)
- and dysfunctional gait patterns (manner of movement when walking)
- with constant consideration for many other perpetuating factors, such as hydration, nutrition, breathing patterns, and psychological stress.

NMT is highly effective for clients who present with chronic pain and is often successful in reducing or eliminating even longstanding painful conditions. Some of the techniques can also be applied to acute injuries and for post-surgical care; many help to improve performance in sport or dance and to prevent injuries due to these activities.



Give me a call about your chronic pain.  
I'm happy to talk it over and help manage your pain better.



### Gift Certificates

A Great Way to say Sorry or Thank You

A reward for You, for taking the time for your wellbeing. Each time you have an appointment with me your name will go into the monthly draw. The winner will receive an extra 30 minutes to their next appointment.

**'Congratulations' Our June winner who supports local school activities.**



Monday - Friday 9-5pm  
Saturday 9-12pm

021757871 or 06 3676465  
538 Queen Street, Levin.  
[www.positiveposturenz.com](http://www.positiveposturenz.com)

48hr cancellation policy