

TABLE TALK



Regular Massage

How often should I get one?

Once people discover the many joys and benefits of massage, a common question arises — "How often should I schedule my massage sessions?" Of course, there is no set answer, but studies indicate that massage at regular intervals is most beneficial to your overall health.

"Scientists have found that massage can reduce blood pressure, boost the immune system, dampen harmful stress hormones and raise mood-elevating brain chemicals such as serotonin. All these factors, says Tiffany Field, founder of the Touch Research Institute at the

University of Miami's School of Medicine, 'put massage in the same category with proper diet and exercise as something that helps maintain overall health.' ...

Remember, your body strives to maintain optimum health by keeping all of its systems in balance. Along with proper nutrition, exercise and rest, massage relaxes tense muscles and stimulates the body's communication lines to help it do its job — and to keep you feeling your best. So, make regular massage a priority in your life for a healthier tomorrow!

Peter Roach

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Laser therapy for treatment of Athletic Injuries

Following an Advanced training Peter will offer some insights to recovery for weekend warriors to the pros

Carpel Tunnel Syndrome (CTS)

Carpal tunnel syndrome (CTS) is a debilitating disease entity that can severely impact the patient's quality of life. It is characterized by symptoms including pain of the hand and wrist, in addition to tingling and numbness along the median nerve distribution. Until recently, surgery was the primary option available to patients seeking a long term solution to this problem. Here at Bayswater we have treated many patients with CTS and the results have been uniformly outstanding. We continue to conduct clinical studies utilizing various Neuromuscular techniques in combination with Low Intensity Laser in the treatment of CTS.

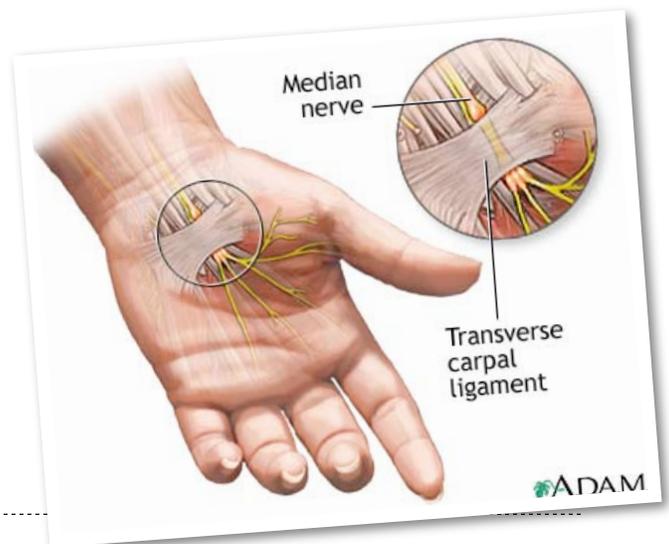
The carpal tunnel is a somewhat narrow canal in the wrist that is surrounded on three sides by the wrist bones (carpal bones) and covered by the flexor retinaculum (Figure 1). In addition to the median nerve, the flexor muscle tendons also pass through this pathway.

CTS occurs when the median nerve becomes compressed at the wrist. This nerve controls sensation to digits 1, 2 and 3, as well as the lateral aspect of digit 4. In addition, it controls the motor function of many of the small muscles in the hand.

The etiological factors with regard to CTS consist of a combination of causes that increase pressure on the median nerve and tendons in the carpal tunnel, rather than just the nerve per se. These include a genetic - anatomical variation predisposing to a restricted carpal tunnel dimension. Many cases of CTS are caused by repetitive motion of the wrist and digits.

For complete information about this condition please see our separate information sheet entitled "Carpel Tunnel Syndrome"

Peter Roach



Low Intensity Laser Therapy in treating CTS

At Bayswater we have established Low Intensity Laser Therapy (LILT) as the treatment of choice for carpal tunnel syndrome (CTS) along with Neuromuscular Massage Therapy. The mechanism of action indicates that there is a relatively immediate reduction of pain and edema. There is also clear cut evidence suggesting that LILT aids in nerve regeneration¹. Clearly LILT rapidly alleviates the symptoms of CTS and many other studies support this approach. For example a

randomized double blind study carried out at General Motors in Detroit, Michigan used an 830nm



diode laser and found decreased motor latency and improved grip strength following laser therapy. More significantly, 72% of the workers treated with laser therapy

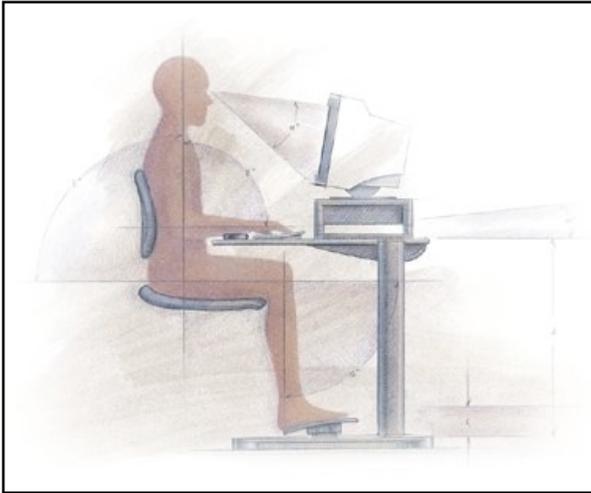
returned to work compared with 41% of the workers in the control group. A recent additional analysis of the use of laser therapy in the treatment of CTS found an average success rate of 84% in the 171 cases studied.

At Bayswater success has been outstanding. Ask one of our laser therapists about this treatment.

Peter Roach

¹ Rochkind S. Photoengineering of neural tissue repair processes in peripheral nerves and the spinal cord: research development with clinical applications. *Photomed. Laser Surg.* 24(2): 151-157, 2006.

Rearrange your Workspace



One easy way to lessen your risk of injury (such as Carpel Tunnel Syndrome and Repetitive Strain Injury (RSI) is to set up your desk and hardware correctly. But while most ergonomists concur that certain arrangements are particularly hazardous, they don't always agree on what's best. That makes it difficult to suggest a perfect setup, so consider these recommendations as guidelines.

A. Back Support The seat's back should be tall enough to support at least your lower and middle back, especially in the lumbar area. Adjust the back so that the angle between your trunk and legs is a bit more than 90 degrees.

B. Good Armrests Choose a chair with padded armrests. You should be able to rest your arms comfortably, without having to extend them too far or tuck them tightly against your body.

C. Solid Cushioning The chair should have a padded cushion that's long enough from front to back to support your buttocks and thighs without touching the back of your knees.

D. Height Adjustment Adjust the chair so that your forearms and wrists are about desktop height when your elbows are at 90 degrees. Your feet should be flat on the floor—if they dangle, use a footrest.

Adjust input devices

RSI problems are often compounded by poor hardware design, which forces you to use awkward positions and excessive force while typing or using your mouse. Fortunately, your setup can help minimize the risk of injury.

E. Trays and Wrist Rests Keep your keyboard in a flat or slightly backward-tilted position, which is safer. Try to avoid propping up your keyboard on its retractable feet. Although that makes it easier to see the keys, it also forces you to bend your wrists.

Also, beware of wrist rests: they help keep your wrists straight, but they put pressure on the nerves and tendons of your wrist.

F. Mouse Position Situate the mouse as close to the keyboard as possible, so you don't have to extend your arm and shoulder as you move between the two.

Move your monitor

The position of your LCD or CRT is crucial, as poorly placed monitors tend to put extra strain on your eyes and upper spine. Here's what to consider:

G. Height and Angle Conventional wisdom says that the top of the monitor should be slightly below eye level, so you don't have to glance up or crane your neck. As for tilt, make sure the monitor is angled backward slightly so that the top of the screen is farther from your eyes.

H. Distance It's less stressful for your eyes to focus on a distant visual target, so try to place your monitor 18 to 24 inches away, farther if there's room.

I. Body Positioning Your body, monitor, and keyboard should form a straight line—you shouldn't have to rotate your trunk or neck to type or to read your screen.



Low Intensity Laser gets More coverage

Recently I came across an article in this popular magazine "More". This exert shows how Low Intensity Laser Therapy is becoming another treatment modality patients can turn to. 'For 12 years, the 49-year-old from Toronto has suffered from fibromyalgia, a strange, arthritis-like condition that can cause constant pain in every muscle, tendon and ligament. Jacqui's

PARKING IS EASY



WHEN YOU VISIT US

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fibromyalgia, which was triggered when her car was rear-ended twice in five years, saps her energy, steals her sleep and clouds her brain. I know all this because she is my sister. Jacqui is one of an estimated 900,000 Canadians with fibromyalgia, and one of at least five million Canadians with chronic pain. Like many of them, she has tried everything over the years: umpteen prescription medications, physiotherapy, chiropractic, acupuncture, orthotics, colonics, massage, herbs, liquid supplements, light-therapy glasses, energy healing, and an inversion rack that suspended her upside down like a giant bat. Nothing worked. In fact, she was getting worse, and actually had to quit her office job last year. So when the promise of help arrived recently, in the form of two space scientists from the former Soviet Union wielding a hand-held device based on the science of sunlight -well, let's just say it came as quite a surprise to her. And a shock to me.

The treatment is called low-energy photonic therapy, (low intensity laser therapy) which sounds even weirder than some of the alternative treatments Jacqui has undergone. (Goat's milk and papaya diet, anyone?).'

full story "Pain, pain go away" ...ask your therapist)

Peter Roach



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"An Answer to your Pain"

Laser Therapists

PETER ROACH



Peter graduated in 1984 with honours from the Canadian College of Massage Therapy. As a Neuromuscular

Therapist Peter uses various techniques, including Laser Therapy, allowing the natural healing processes of the body to take place.

MIKE BERGER



Michael is a 1995 graduate of WCCMT. Mike's approach to therapy is one that encourages his

patients to be actively involved in their rehabilitation. Mike uses Laser, Neuromuscular Therapy, Muscle Energy, Muscle Balance & Function to bring about healing of the body.