



NEUROMUSCULAR • MASSAGE
LOW INTENSITY LASER THERAPY

Bayswater Neuromuscular

One of Vancouver's most trusted Rehabilitative Centres
Serving Kitsilano, West Broadway & West 4th Corridor

Can a piece of tape improve your health?

TABLETALK

Have you ever wondered what it would be like to be wrapped up like a package? No? Me neither however the [K-Taping](#) Pro course I took on the weekend was exactly like wrapping up a package, only we were wrapping each other. Taking turns applying [K-Tape](#) to a body part, limb, muscle, or ligament, we all ended up looking like Neapolitan ice cream.

This was the first time this course had been offered here in the West and only the second time in Canada, and the turnout was impressive. The full weekend course was held at Treloar Physiotherapy Clinic on Broadway, and many of the big names in physio we there, including Deb Treloar and Judy Russell. Myself and another RMT from Victoria stood up for the massage profession and only one chiropractor, my partner for the weekend, Kavan Yu, also from Victoria brought his expertise. Kavan seemed to be a very gifted chiro and I would highly recommend him if you ever find yourself in Victoria.

The instructor for the [K-Taping](#) course flew in from Germany, Christian Buttner, and from the onset this tall big man with a quiet demeanor knew his stuff.

The [K-Taping method](#) is a holistic, non-medicinal treatment tool, developed in Germany by physiotherapist Birgit Kumbrink. [K-Taping](#) supports almost all of the specialized therapeutic techniques, while maintaining the patient's full mobility. This unique approach is increasingly being used worldwide and is now available in Canada through the K-Taping Academy Canada and of course, us, trained therapists.

[K-Taping](#) supports almost the entire spectrum of physical therapy treatments, offering



doctors and therapists a multitude of new treatment possibilities. Back problems, muscle tension, joint instabilities or disc problems can be treated, as can migraine, tinnitus, and menstrual pain. K-Taping even offers an effective post-operative concept in lymphatic therapy, for instance following breast cancer operations. K-Taping is established in competitive and professional sport for treatment, prevention and pre-training preparation. The following principle applies in all cases: K-Taping maintains the patient's full mobility – a decisive advantage compared with previous treatment methods.

continued on page 4

Is That Scar Tissue?

Many patients have asked me as I treat them, “is that [scar tissue](#)” or “My Doctor says I have scar tissue” but do you really know what scar tissue is, what it looks like or how it forms. We all know what the scab on your arm looks like after you cut yourself, but is it the same deep in your body? Does it look like that!? I’m sure many practitioners are not exactly sure what it is but throw around the words “scar tissue” or “[adhesions](#)“. But these types of “adhesions” ARE different in different places.

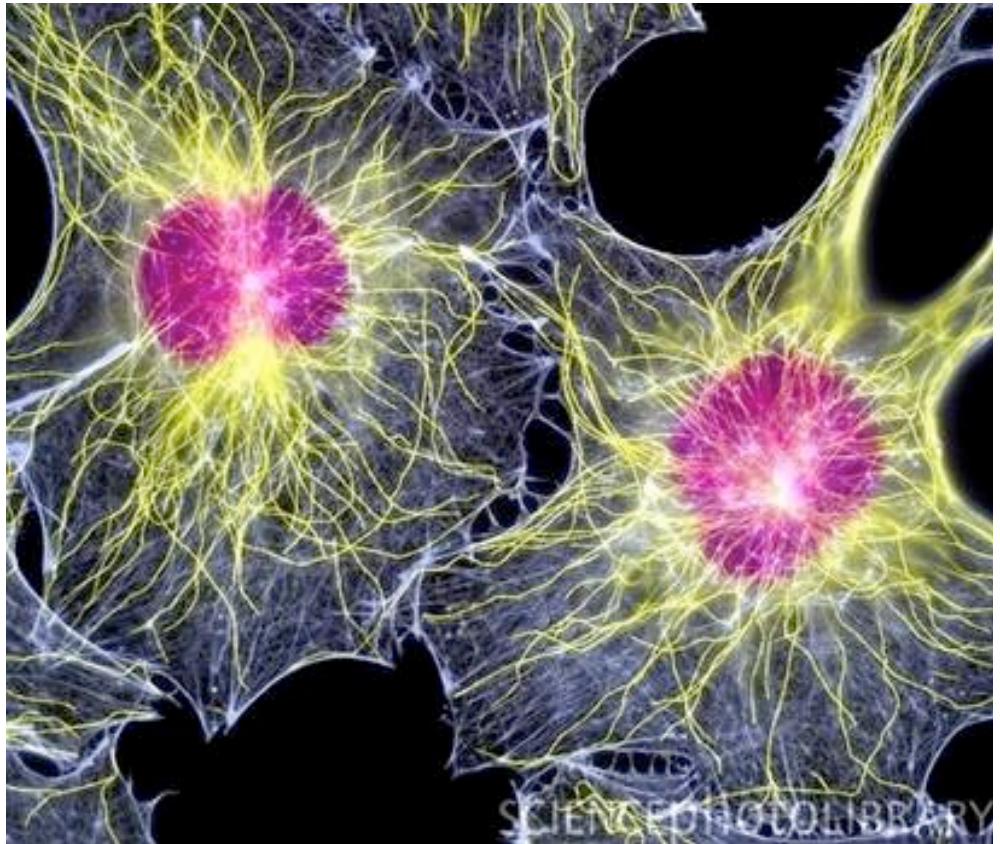
This is by no means a detailed paper on the biology of scar tissue however it hopefully will give a better insight to what is exactly happening after an [injury](#).

A scar by definition is the connective tissue that forms a scar; consists of fibroblasts in new scars and collagen fibers in old scars. So what does all that mean?

Our bodies response to injury is to send special cells to the area that act like a “glue”. This bodily glue is actually called granulation scar tissue. It is the first phase of three that take place within our body, the innate act that will happen whether we want it to or not. The three phases of [healing](#) are;

- The inflammatory phase
- The fibroplastic phase
- The remodeling phase

The first phase, the inflammatory phase, is an very important



stage that must happen for healing to start to take place. We’ve all seen it, the reddening of the skin and the puffiness around an area. Damage cells release histamine, and this causes an increase in blood flow to the area. Why? Because increased blood flow brings with it a huge amount of fibrinogen to the area, stuff that coagulates in and around area of the injured part. So [inflammation](#) IS necessary – if there is no inflammation, healing does not begin. Too much inflammation and healing becomes excessive with too much scar tissue being formed.

The second phase is the fibroplastic phase. This is aptly named for the fibroblasts that infiltrate the area. Although other cells are involved, this phase cannot happen without the previous phase completed.

Once this phase begins (approximately 3 weeks following initial injury) the fibroblasts begin their very precise work of creating strength and resurfacing the area. A series of events happen during this phase ([epithelialization](#), wound contraction, and collagen production), but in order to spare boring you, the wound becomes stronger. (Think of a road being resurfaced – first the grader comes in and carves out the general shape of the road – phase 1. Next the top soil and gravel is rolled and pressed to create a more defined road and give a better structure for the blacktop – phase 2)

The third phase, the remodeling phase, is the phase, as a [Massage Therapist](#), that I am most concerned with in my treatment. This is the phase in which the scar tissue actually



millimeters apart. Studies have shown that this remodeling process occurs under the movement of the part. Seyfer and Bolger, using an electron microscope found that gliding tendons had lengthy, elongated adhesions, whereas restricted tendons had short, dense adhesions.

It is during this phase that your therapy be followed. Whether you have a gapping [open wound](#) or a torn bicep, your massage and exercise movement therapy is imperative. Scars that are formed in dense tissue need feedback so it can [remodel](#) and mimic the surrounding tissue in it's effort to make it the same. Without the movement the remodeling phase will be haphazard. And with this haphazardness comes contracture, that debilitating state we've seen with burn victims. The skin and fascia contracts so much that it pulls a part into a distorted posture. This can happen within our body also, the myofibroblasts generating and maintaining contractile forces over years. In fact this shortening and contracture has been shown to be a slow, somewhat semi permanent and a very low energy process that can continue for years following an injury.

changes to fit the tissue injured. I'm sure up to this point, reading this, you have visualized that cut on your skin. But what about that pulled muscle in your back, or recently, my patient who tore his bicep from the attachment on his arm? Does it look like that scar on your finger? No. In this phase the tissue changes, abet not as perfect as the original, but does it's best job. A ligament that has been torn requires that the healed tissue has some sort of tensile strength, whereas a [torn tendon](#) needs to move and stretch. And if the wound is in and around both of these structures it better not heal them in the same way, even though they are

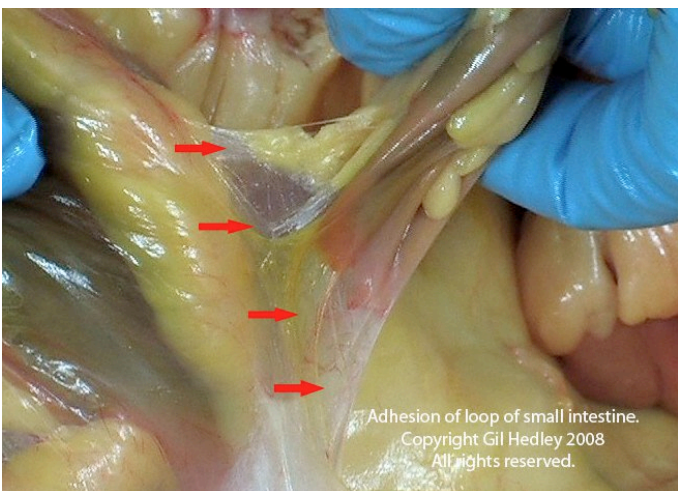
So that part I'm working on in your back or bicep or quad. It's not like a scab, but more like the tissue that is there, only if you didn't get proper rehab following the injury, it sure isn't going to feel very good under my fingers and probably won't allow that tissue to move properly. And so what am I going to do? Work it, kneed it, stretch it, break it down somewhat and re-introduce the proper protocols for getting that part to act the way it was meant to when you were born. Whew, a tall order but I'm up for it!

Any questions, please do not hesitate to contact me.

In Health,



Peter Roach, RMT, CNMT, Laser Therapist



TABLETALK

Can A Piece of Tape Improve your Health?

To successfully implement the [K-Taping therapy](#), professional training and specially developed elastic tape are needed: The K-tape's water-resistant and breathable properties enable long wearing and comfort while its elasticity is comparable to that of human muscles. The K-tape is applied via a wave-like acrylic coating activated by body heat and which also takes over important mechanical functions. The K-tape does not contain any pharmaceutically active or adhesive ingredients and is therefore neutral to the skin. It maintains its full effectiveness under the varied stresses of work, sport, showering, swimming and other activities of daily living.

The [K-Taping therapy](#) is based on two main effects. The first effect is the stimulation of skin receptors. This is associated with a reduction in pain and aids proprioception. It specifically influences the complex interaction between muscle tension, joints, ligaments and nerves. The second effect occurs when the elastic K-Tape and the special application technique raise the skin and the tissues. This creates more space in the damaged tissues. [Lymph fluid](#) can flow easier, blood circulation improves and the pain receptors are relieved. The improvement in blood circulation alone stimulates the healing process. The K-Taping therapy's exceptionally wide spectrum of use comes into being when the effects on lymph flow and the receptor stimulation are added.

[K-Taping](#) is only applied by specially trained and certified therapists and doctors. Medical knowledge in anatomy, muscle formation, the position of ligaments and nerve paths are necessary in order to learn how to use K-Taping and to apply all the possibilities that this complex treatment method has to offer. While the treatment effect from most manual therapy treatment ends when the treatment time is up, patients take the K-Taping therapy home with them. K-Taping works 24 hours a day, as a result of the application of the tape and the body's movements.

It maintains its effectiveness for the entire duration of wear, even under extreme stress from daily working or sporting activities. It is in this way that the lymphatic correction techniques permanently support manual lymphatic drainage between treatment sessions. K-Taping can improve the quality of life in many areas and prolong the

treatment effect when integrated with modern therapy concepts, for example following [Neuromuscular Therapy](#), and supporting the effects of [Laser Therapy](#).

Don't be surprised if you come in for your massage and leave like a scoop of ice cream, with some blue, pink and black K-Tape keeping the therapeutic value continuing for days and days following your treatment.

In Health,



Peter Roach, RMT, CNMT, Laser Therapist

Get the **ArthritisID PRO** app

Coming June 2011!