



Gregg Jones Muscular Therapy Center

28 Spring Avenue, Waukon IA 52172

563-568-4179

www.greggjonesmtc.com

Fall 2007

IN TOUCH WITH WHAT'S NEW!

National Massage Therapy Week ... Oct. 22nd - 26th

You know the benefits massage brings to achieving your wellness goals. Do you know someone who has never had massage before? If so, why not introduce them to massage during the week of October 22nd. Read the newsletter for more information about our National Massage Therapy Week's events.

Relaxing Deals!

It's fall clearance time! So check out our select wellness items that are 50% OFF. While supplies last.

Fall BIOFREEZE Sale

It's that time of year to stock up on BIOFREEZE, the pain relieving gel. On sale for ONE WEEK ONLY, October 22nd - 27th. Tube or Roll-On just \$8.00 each, plus tax and Spray is \$10.00 each, plus tax.

Visit Us Online

Learn more about the benefits of massage, just visit our website at www.greggjonesmtc.com.

Office Hours

Mon: 9 AM - 7 PM
Tues: 8 AM - 5 PM
Wed: 9 AM - 7 PM
Thurs: 8 AM - 12 PM
Fri: 9 AM - 5 PM
Sat: 8 AM - 12 PM

Got Job Related Muscular Tension?

Many of today's major health problems are caused by chronic stress and conditions of modern living and working. Prolonged mental and emotional stress may lead to tension headache, backache, ulcers, colitis, high blood pressure, and heart disease.

Driving or riding in daily commutes, and sitting for long periods of time at workstations tax the body. The repetitive movements required in certain occupations, for example, with some office work (e.g. computer data input, filing and sorting), production labor (e.g. manufacturing lines, detailed assembly) physical labor (e.g. carpentry, long-haul driving, farming), playing musical instruments (e.g. violin, guitar) and sports (e.g. tennis, golf), can lead to chronic muscle tension, pain and dysfunction.

Muscles shorten with chronic tension. This may lead to loss of flexibility in joints, misalignment and poor posture. Circulation in tense muscles is decreased, causing pain. Trigger points are common with chronic tension and the pain-spasm-pain cycle may set in.

Massage therapy can provide the relief you are looking for. Massage that is received regularly helps work out chronic muscular tension. Massage melts away a certain amount of tension in each session, and if received regularly, keeps tension from building up again. It helps you identify and correct patterns of holding tension. You can learn to relax and let go of tension you may not have even been aware of.

Massage and stretching can help you regain and maintain proper alignment. When muscles are relaxed and restored to their optimal length, correct posture and alignment are more easily sustained. Massage can also trigger the relaxation response, relieving the negative effects of stress and restoring balance in the body. Some positive effects of the relaxation response include slower heart rate, deeper breathing, more relaxed muscles, and better internal circulation and digestion.

Work is demanding enough, so eliminate the stress it creates on your body with regular massage. For more information on how you can benefit from massage or how to introduce massage at your workplace, visit us online at www.greggjonesmtc.com or give Gregg call at 563.568.4179 for a consultation.

National Massage Therapy Week

October 22nd- 27th is National Massage Therapy Week, when massage therapists help educate the public on the benefits of massage.

FREE Chair Massage at Fareway!

Come visit us at Fareway in Waukon on Thursday, October 25th from 11 AM – 1 PM for FREE chair massage. Bring a friend who wants to learn about the benefits of massage. Enter our prize drawing to win one of three 30-minute massage giveaways. BIOFREEZE samples and other giveaways too!

Oncology Massage

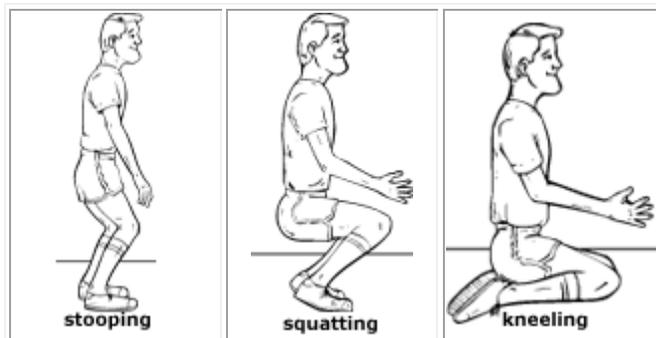
The use of complementary therapies during cancer treatment and recovery is becoming widely accepted by the medical community and patients in the United States. Oncology Massage is a gentle, nurturing therapy that has been shown to reduce anxiety, ease pain and nausea and improve sleep among cancer patients. When provided by a licensed, experienced and specially trained therapist, massage can be an important component of the patient's treatment and recovery plan.

The Oncology Massage Therapist takes a thorough health history from the patient before providing a customized massage treatment plan. This includes the type of cancer, treatment received and the current state of the disease. In certain situations, the massage therapist will consult with a patient's doctor prior to providing massage. During the session the patient's overall comfort and wellness are a key focus. A massage session can last from 30 to 60 minutes and is dependant on the patient's needs and comfort. Some cancer patients find it more beneficial, especially while in treatment, to have shorter more frequent massages. For more information on oncology massage and how it could benefit you, a family member or friend, contact Gregg at 563.538.4179

Self Care Corner: Protect Your Back

Correct positions for stooping, squatting & kneeling

Decide which position to use. Kneel when you have to go down as far as a squat but need to stay that way for a while. For each of these positions, face the object, keep your feet apart, tighten your stomach muscles and lower yourself using your legs.



It's Our 3rd Anniversary

Thanks for trusting us to serve your wellness needs. We are celebrating our 3rd Anniversary of business in November! It has been our pleasure to partner with you to meet your needs of a healthier body, mind & spirit.

In Health,

Gregg & Maura Jones

Massage E-News

Get an e-news version. Available to anyone with an e-mail address, to receive your newsletter via e-mail, just send your request to GreggJonesMTC@gmail.com for the Massage E-News version.