

The Benefits of Post-Mastectomy Massage

The benefits of Post-Mastectomy massage are numerous, and impact the many dimensions of a woman's overall well-being. Post-mastectomy massage can accelerate healing for the breast cancer survivor by being able to reconnect both physically and emotionally with their own body. It can provide a very personal healing and recovery that works closely with one's medical treatment.

Massage therapy can put a patient at ease when it is tailored to her physical and emotional needs. With massage, one is not just treating the physical ramifications of cancer to the assaulted breast but also caring for the woman, and how she has been affected both emotionally and psychologically. Mastectomy massage comprises of a series of gentle techniques designed to create a state of relaxation for the woman. Light massage strokes, myofascial softening and stretch-

ing, acupressure and trigger point, polarity, lymph drainage, skin rolling, and cross-fiber friction can and may be part of the individual treatment sessions. It all depends on the woman's needs and pain tolerance.

A study conducted by the Touch Research Institute at the University of Miami's School of Medicine found that massage therapy provides benefits to the breast cancer patient. Following a course of treatment, 3 times per week for 5 weeks, a decrease in depression, anxiety, and pain from the first application to the last was shown. The study group reported feeling less depressed and angry with increased energy. Dopamine levels, the immune system's natural killer cells and lymphocytes increased.

Post-mastectomy massage can provide relief of pain, and restore sensation and feeling in the nerve endings in the area of the amputated breast. Most im-

portantly, it allows the woman to reconnect with her body, to feel whole again. It improves her own self-image, which empowers her in her healing process.

Massage therapy increases circulation through the breast area, which promotes faster healing and helps to minimize scar tissue and achieve the best appearance, optimum circulation and mobility of the shoulder and neck.

Radiation can make the skin fibrotic and tough, leading to the formation of adhesions. Massage therapy can help the irradiated tissue to become more pliable by bringing more nutrients and oxygen to the area and removing the waste products. It also enhances immune system response and increases mobility after surgery.

Massage therapy helps the woman to feel comfortable and accepting of herself. It teaches her, also, how to be touched lovingly by her partner again.

The Balancing Touch

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The Balancing Touch is owned and operated by Ruth Jurkoshek-Stair, BS, LMT. She has been offering her professional services to the Akron area since 1986, conveniently located five minutes from downtown Akron in Historic North Hill.

Ruth is a graduate from Kent State University with a Bachelor of Science degree in Community Health Education. She is a Licensed Massage Therapist and is certified in Deep Tissue Therapy and Polarity Therapy, graduating from the Atlanta School of Massage. She has extensive study in Craniosacral Therapy, Myofascial Release, Earth and Amanohuna Energy Therapies.

Low Backs Can Be a Pain...

Thirty-one million Americans have low back pain at any given time. One half of all working Americans admit to having back symptoms each year. One third of all Americans over age 18 had a back problem in the past five years severe enough for them to seek professional help. And the cost of this care is estimated to be a staggering \$50 Billion yearly--and that's just for the more easily identified costs!

These are just some of the astounding facts about Americans and their miserable backs! Is there any wonder why some experts estimate that as many as 80% of all of us will experience a back problem at some time in our lives?

Chronic pain in the neck and low back may be due to

weakened muscles in the low back. We have all heard of the advice for us to "strengthen your low back." But how does one accomplish this? It's very difficult for one to strengthen the low back because many other larger muscle groups try to work their way in, effectively allowing one to "cheat" during these exercises. For example, roman chair and back extension exercise machines available in most gyms allow you cheat by using hamstring muscles (which run along the back of the thighs) and gluteus muscles (buttocks) to push through the movement. During these exercises, the smaller muscles of the spine, for the most part, are held in a stationary position. The goal of any effective low back routine is to essentially eliminate all

other muscle groups.

This is where the patented MedX Core Lumbar Strength Machine can help. Only this machine features an effective pelvic restraint system that keeps gluteus and hamstring muscles from interfering with the targeted spinal exercise area. This provides isolation of the lumbar spine muscles, increases stability and allows for specific, intensive strengthening in one of the body's most vital and vulnerable areas. Regular use of The Core Lumbar Strength may help prevent injuries, remedy chronic back pain, and contribute to disc hydration.

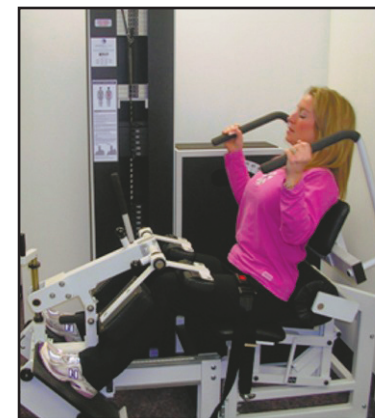
Get strong to the core with our specially designed Core Program that includes the MedX Core Lumbar Strength Machine.



Come to us for:

- One-on-one personal training
- Nutritional counseling
- Programs to meet all budgets
- State-of-the-art equipment
- Relief of low back pain
- Post-rehabilitation

Our programs are safe for all ages & medical conditions.



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