

March 2015  
Edition



Newsletter



“A More Personal Approach  
To Your Health”

Albert Einstein reminded us:

*“Not everything that can be counted counts, and  
not everything that counts can be counted.”*



## Practice “*mind·ful·ness*”

'mīn(d)f(ə)lnəs/

“A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.”

### Inside:

#### Fascial Self Care:

Keep your connective  
tissue healthy and  
flexible. 2

#### Essential Oil Spotlight:

Deep Relief

Great for muscle aches  
and pains! 3

Practicing mindfulness involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Being able to reduce the extraneous "noise" from anxiety, worrying, and fear can help people focus on and live in the moment, and also allow them to lessen unnecessary stress in our mind and body allowing

## Release Techniques:

### Hand Release

Addresses arthritis pain in fingers and wrist.



1) Place right hand, palm down, on malleable ball supported on table. 2) Press hand onto ball; you can use left hand to increase pressure. 3) Lift and splay fingers and hold 4 seconds, then gently close them around ball. Repeat 4 times.

### Foot Release

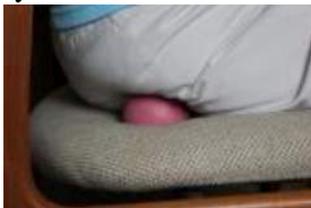
Addresses ankle range of motion, plantar fasciitis and foot pain.



1) Remove shoes. 2) Roll arch across ball from front to back. 3) Repeat 4 times from side to side of the arch. 4) Lean arms and torso across thigh to increase pressure.

### Small External Hip Rotators

Addresses hip flexibility and piriformis syndrome.



1) Seated in chair, cross right ankle over left knee (see note below). 2) Place ball at midway point between center of sacrum and greater trochanter (just to outside of, and slightly up from, sit bone). 3) Slowly pump knee up and down.

A foam roller is another great tool for self care!!

# Fascial Self Care

Fascia is a specialized connective tissue layer surrounding muscles, bones, and joints, and it gives support and protection to the body, and it extends without interruption from the top of the head to the tip of the toes. Within the fascia there can be trigger points (sensitive or painful points) that can restrict or alter the motion of a joint. It is important to keep this tissue healthy by releasing the restrictions, especially as we age. Any unhealthy fascia can lead to restrictions in your range of motion and limit your ability of activities of daily living.

So how can you release these fascial trigger points? A tennis ball massage is a good place to start! Like the examples to the left, the basic idea of tennis ball massage is simply to trap the ball between your body and something else: usually the floor, sometimes a wall, or another body part. The goal of tennis ball massage is to achieve a “release” (reducing tension and restriction) by applying pressure: enough to do some good, but *not* enough to irritate the trigger point. The sensation should be clear and strong and satisfying. If you are wincing in pain you need to be gentler and ease the pressure. You need to be able to relax as much as possible and wait for the sensation to fade to about eighty percent of the original intensity. This is the “release” — a change in the physiological state of the tissues, or a “releasing” of the trigger point. This can take anywhere from ten seconds to several minutes.

The pressure from the tennis ball can be applied anywhere you are feeling tension from your feet, legs, hips, back, shoulders, and neck. Another great way you can relieve tense areas is with essential oils! Read more on p. 3.



## Spotlight on Staff:

### **Cathy Robb** *Massage Therapist*

Agape Therapy would like to welcome Catherine Robb, LMT, to Agape's Cooperative Team. She is trained in deep tissue, spinal reflex treatment, myoskeletal alignment, warm bamboo, swedish massage, clinical massage, fascial release, sports massage, relaxation, hot stone, and prenatal massage. Common incorporated techniques include trigger point, alignment, and myofascial release. She will be available for appointments at Agape Therapy's Cedar Falls location on Tuesdays and Thursdays starting in March 2015. To contact Cathy for more information please call (319) 415-7484 or visit her

website at [www.cvmts.com](http://www.cvmts.com).

## *Essential Oils:*



Young Living's Deep Relief Essential Oil blend is excellent for pain, inflammation, and tissue regeneration. It is a powerful roll on blend that is easy to carry in your bag and apply wherever you go.

### **The Deep Relief formula:**

- Soothes joints and ligaments taxed from everyday activity
- Helps counter stressed nerves.
- May ease tight or tense muscles.
- Helps reduce inflammation and muscle spasms caused by physical exertion.

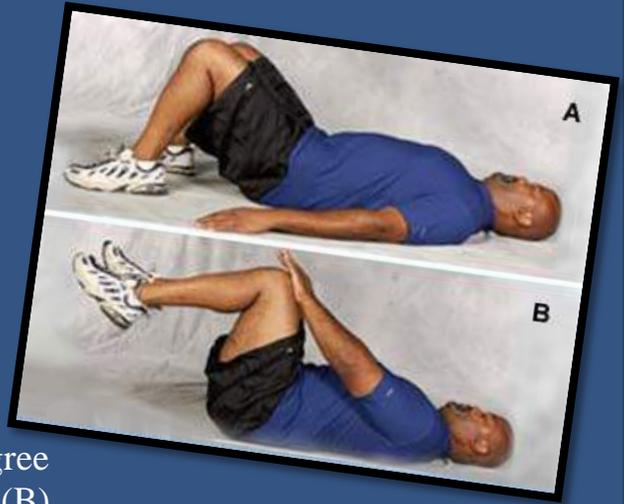
*For more information on essential oils or to place an order contact Amy at [avanarkel@agapetherapy.com](mailto:avanarkel@agapetherapy.com).*

# Sarah's Favorite Things

**Exercise:** Double Leg Abdominal Press

**Muscles Worked:** Core

- Lie on your back with your knees bent (A). Keep your back in a neutral position, not arched and not pressed into the floor. Avoid tilting your hips. Tighten your abdominal muscles.
- Raise your legs off the floor, one at a time, so that your knees and hips are bent at 90-degree angles. Rest your hands on top of your knees (B).
- Push your hands against your knees while using your abdominal muscles to pull your knees toward your hands. Keep your arms straight. Hold for three deep breaths.
- Return to the start position and repeat.



## Patient Communication



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The Side Road Newsletter



### Locations:

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The Den: 668 Main St. Dike

Waterloo Clinic: 927 W 4<sup>th</sup> St. Waterloo

Key West, Black Hawk Village, Cedar Falls