



NEWLINE MASSAGE AND WELLNESS

KEEPING THE NECK, BACK AND HIPS HEALTHY

This guide provides tips and tricks to keep the spine in optimal health. Written by Travis Walsh, BCTMB, CMNT. A full spine massage therapist who helps clients sleep better, move better and feel better.

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**"AN OUNCE OF
PREVENTION IS WORTH A
POUND OF CURE."**

- Unknown



RELIEVING YOUR NECK PAIN

It's a pain in the neck. Literally! When pain starts in the cervical spine (your neck), there are a number of symptoms that can accompany the pain. Most clients will experience pain on the backside of the neck, either throughout the whole neck region or at the base of the skull. Clients will also have difficulty turning the head side-to-side, numbness or tingling down the arm, headaches, TMJ (jaw) related pain or pain referring into the shoulders and upper back. At times this can cause a mental fog or cause someone to become dizzy.



To help alleviate your neck pain, here are eight tips for you to try:

1. Adjust your sleeping position. Ideally you want to lay on your back but side sleeping will also work as long as you are using a pillow that can bolster your head and knees to keep the neck aligned with the rest of the spine. Try barricading yourself with pillows if you tend to toss and turn, or typically sleep on your stomach.

2. Limit your time on electronic devices. “Text neck” is a real thing! Looking down for long periods of time will stress the neck muscles. It’s best to keep screens at eye level.

3. Ergonomics in the office if you work a desk job. Monitors should be at eye level. Use a headset instead of your shoulder for phone calls. If possible, request a standing desk and alternate between standing and sitting. Most importantly, get up and move often. Sitting at a desk all day is bad not only for your muscles but your overall health.


4. Take a break from stress. When we are stressed, our bodies are tense. A lot of people hold tension in their necks and shoulders. Try meditation or yoga to get out of the stress routine.

5. Water is your friend. Staying hydrated will keep joints and muscle lubricated which helps will flexibility and decreases pain.

6. Core fitness will keep the muscles supporting the spine strong, making sure your spine stays in alignment. Yoga, pilates and weight training are all ways to achieve this.

7. Icing your neck for 20 minutes on, 20 minutes off will help reduce inflammation caused my injury or stress strain.

8. Make sure your cervical spine is aligned by incorporating chiropractic care into your health and wellness routine.

A man with a beard and long hair, wearing a dark t-shirt, is shown from the chest up. He is looking upwards and to the right. The image is overlaid with a semi-transparent green filter. The text is centered over the image.

**"GOOD HEALTH IS NOT
SOMETHING WE CAN BUY.
HOWEVER, IT CAN BE AN
EXTREMELY VALUABLE
SAVINGS ACCOUNT."**

- Anne Wilson Schaefer



KEEPING YOUR BACK HEALTHY

Chances are good that, at some point in your life, you will have back pain. In fact, 70-85 percent of Americans will experience back pain at some point in their lives. But even with those odds, there are still several ways to minimize your risk and give yourself the best chance to live pain-free.

Several factors can cause back pain, including stress, poor posture, bad ergonomics, lack of exercise, arthritis, osteoporosis, a sedentary lifestyle, overexertion, pregnancy, kidney stones, fibromyalgia, excess weight, and more.

With all of these potential causes lurking, it's important to look at behaviors that can help you prevent and avoid back pain before it starts.



Here are a few simple healthy back tips from the National Institute of Neurological Disorders and Stroke:

- Stretch and warm tissues before exercise or other strenuous activities.
- Practice good posture. Avoid slouching when sitting or standing.
- When standing, keep your weight balanced on both feet.
- Follow good ergonomics in the workplace. When sitting for long periods of time, rest your feet on a foot support. Make sure your chair and work surfaces are at the proper height. Get up and move around in between long sitting stints.
- Avoid high-heeled shoes.
- Watch your weight. Excess weight, especially around the waist, can put undue stress on lower back muscles.
- Exercise. Core strengthening moves, especially, will also benefit your back.
- Don't lift items that are heavier than you can handle. Remember to lift with your knees, not your back. Pull in your stomach muscles, keep your head down and in line with your straight back, and do not twist when lifting.
- Get a massage. Using therapeutic bodywork can melt pain-inducing stress away from your back and the rest of your body.

7 STRETCHES FOR BACK PAIN

Keeping your spine aligned should be the primary focus for a strong and painless back. With an aligned spine, you have optimal space between the joints, which helps muscles to engage and have greater range of motion. Ultimately this gives you freer movement.

Stretching is also a key component to keeping the spine healthy. There are several stretches you can do but here are a few of our favorites!

Lying side stretch

How to:

- Lie down on your back, move your hips slightly to the left (this keeps your spine aligned).
- Draw your left knee into your chest and take it over toward your right shoulder.
- Press down gently with your right hand to encourage your left hip to stack on top of right.
- Lift your shoulders up and try to get more of your left shoulder on the ground.
- Reach your left arm out to the side with palm to ceiling and turn your focus toward that hand.



Side stretch

How to:

- Focus on lengthening your hip and fingertips as far from each other as possible.
- Try not to rotate your spine.
- You can keep your focus straight forward or look up toward your lengthening arm.



Hamstring stretch with extended spine

How to:

- Sit with your legs straight out in front of you.
- Use a strap or a belt around your feet and lean forward, leading from your heart with a flat back.
- Press your thigh bones downward to keep your legs straight.
- Reach your sitz bones wide behind you.



7 STRETCHES FOR BACK PAIN

Forward fold stretch

How to:

- Let your torso fold forward over your legs—you can hold on to your feet if you have the flexibility or continue to use the strap.
- Lengthen the crown of your head toward your feet and hug your abdominals toward your spine to help create more length from head to tailbone.



Extension stretch (½ Bow pose)

How to:

- Focus on keeping length in your spine by rooting your hips down and reaching energy out through the crown of your head.
- Lift your leg and kick your foot into your hand to lengthen the quadriceps and hip flexors and open your chest.
- Keep your shoulders squared forward.



Chest stretch

How to:

- Position your hands slightly below your shoulders, turn your thumbs up toward the ceiling, and roll your shoulders open.
- Let your heart reach forward and your jawline reach back so your ears stay aligned with your shoulders.



Pigeon stretch

How to:

- Focus on squaring your hips forward.
- Press the shin of your front leg downward.
- Lengthen the outside of your hip away from your knee.
- Turn your back hip down.



A person is shown in a yoga pose, standing on a rocky shore with their arms raised. The entire image is covered with a semi-transparent teal overlay. The person is positioned in the upper right quadrant of the frame.

**"IT IS HEALTH THAT IS REAL
WEALTH AND NOT PIECES
OF GOLD AND SILVER."**

- Mahatma Gandhi



HIP PAIN AND MASSAGE

Whether it's a pulled muscle from yoga class or an afternoon basketball game, or a long-term pain caused by injury, most of us will come to know the beast that is called low-back pain. In fact, when it comes to low-back pain specifically, researchers say that 70-85 percent of the population will experience it at some point in their lives.

Massage Offers Hope

Those who suffer with low-back or hip pain know there are no easy answers for chasing the pain away. Physical therapy has proven effective for some sufferers, as has chiropractic and acupuncture, but massage therapy is also making a name for itself when it comes to providing relief. In fact, research has shown that massage can be a great friend to the back-pain sufferer.



"Massage therapists have long treated low-back pain safely and effectively," says Les Sweeney, president of Associated Bodywork and Massage Professionals. "They have done so less expensively and less invasively than is possible with other treatments."

In fact, a study by the Group Health Research Institute in Seattle found that massage was more effective at treating low-back pain than medication. Patients who received massage once a week for 10 weeks were more likely to report that their back pain had improved, and improvements were still present six months after the study. Other research from the University of Miami School of Medicine and the Touch Research Institute showed that massage can decrease stress and long-term pain, improve sleep and range of motion, and help lower the incidence of depression and anxiety that often accompanies back pain.

For Parris-Raney's clients, the length of pain relief provided by massage therapy varies depending on the condition they are experiencing. Getting on a regular massage schedule, however, has really helped her clients manage the low-back pain, she says. When they go past their normally scheduled appointment, "their bodies know it's time to get a massage again." Whether it's just helping clients get through the day, or reminding the stressed-out office worker to breathe, Parris-Raney says massage can play an important part in back pain relief.

Massage Works

When it comes to neck, back or hip pain, there are a lot of options out there. Ultimately, massage, and its myriad benefits, might be a viable answer. For back pain sufferers, Parris-Raney says massage can work wonders. "Massage can help relax the body, relax the psyche, and improve a client's range of motion and circulation to the affected tissues," she says. Not only can massage help directly with the pain, but it can also make life a little easier, too. "Massage lets you tap into the parasympathetic system," she says, "and tap into all the good hormones that help you sleep better and help you handle stressors along the way." All of that helps in building a healthier back and a happier you.

When I was busy serving 10 years in the high tech world as a digital project manager, I had no idea that today I'd be much happier and more fulfilled as a professional Full Spine Massage Therapist. It's a wonderful addition to my career!

Actually, project management gave me some very good training that I now apply to what I refer to as "Body Management". Funny term, but it really applies.

When I analyze a problem the body is giving one of my clients, I chart out a program, a project so to speak, to solve the problems in a systematic progressive way that leads to the solutions we both want - and do it as efficiently, swiftly, and painlessly as possible.

Education

My therapy education started at the SOMA Institute in Chicago before my partner and I moved to beautiful Minneapolis. My studies continued at the Northwestern Health Sciences University, and I graduated Summa Cum Laude in 2015.

Oh sure, I had to study tons of anatomy, but I enjoyed getting certified in a broad spectrum of disciplines too: Neuromuscular therapy (CNMT), Therapeutic therapy (BCTMB), certification as a Clinical Aromatherapist, I became a member of the Associated Bodywork and Massage Professionals (ABMP), and an Aromatherapy Advocate Member of Holistic Aromatherapy (NAHA).

After graduation, I took the leap and started NewLine Massage and Wellness, and never looked back.



Techniques I use

My profound knowledge in these areas allows me to treat a wide range of concerns, from job-related stress to chronic pain. My clients range in age from 16 to 82, and most of them have found relief from the techniques I use to treat them.

Using neuromuscular therapy, trigger point, cupping massage, aromatherapy and Swedish-style relaxation I create the right combination for each individual client.

I'm always looking for new areas to expand my knowledge to provide clients with the best massage therapy possible for their specific needs. It's a fun and rewarding challenge.

By incorporating massage into a comprehensive health plan, clients find their sleep improves, pain levels are reduced, and their overall mobility is restored. What a great feeling it is to play a contributing role in their transformation to better living.

ALYSSA - GOOGLE

I've been in two car accidents and for the past 10 years have been battling chronic back pain. After seeing Travis I can confidently say that I'm no longer in such great pain. Even other issues such as jaw pain due to teeth grinding has subsided. I enjoy seeing Travis because it's treating my issues, not simply distracting me from them. I'm so much happier and healthy and in such a short period of time! Give it a shot, no chance you'll be disappointed!

ALYSON - FACEBOOK

There are people who give generic massages - and then, there is Travis! I can't recommend him strongly enough. His massages are clearly a blend between art and science - creating a relaxing massage experience while also working with you to pinpoint trouble areas or painful spots. Travis is professional and caring, firm but gentle. He's helped me with neck, shoulder, and jaw issues that were a result of workout injuries or just sleeping in the wrong position.

My most recent issue was my jaw - for 10 days, I couldn't eat normally because of the pain, but I kept thinking it would go away on its own. When I realized that wasn't going to happen, I worried that I would have to launch into a long, costly ordeal with doctors, dentist, facial pain specialists to figure out what was wrong. Before starting with that process, I decided to give massage a try. After one 30-min session, the pain was significantly better. After my 2nd session, I could eat regularly again! Just a couple of weeks later, and only 3 sessions (partly working on the jaw muscles, partly relaxing full-body massage), my pain is 95% gone!

If you are having any sort of muscle pain, or even need some relaxing full-body massage time, do yourself a favor and go to Travis. You won't regret it!

ROGER - FACEBOOK

I have been through 4 rotator cuff surgeries and with Travis' knowledge and skills I have continued to see both pain relief and improvement in my motions which are allowing me to pursue activities that I wasn't sure I would be able to do again. Travis answers my questions and works extremely hard to help me improve.



LET'S GET YOUR WELLNESS STARTED

Are you ready to get that "Ahhhhhhh" feeling underway?

Here are two ways to get in touch:

Call (612) 564-2831

Send an email to travis@newlinemassageandwellness.com

You might have a ton of questions, or just want to get on with it to be rid of your pain. Either way is fine, but just in case, here are a few questions I hear quite often:

Where are you located?

NewLine Massage and Wellness is located in New Hope, Minnesota:

4900 Highway 169 N

Suite 104

New Hope, MN 55428

How should I prepare for my FIRST session?

When you come for your first assessment and massage, please arrive 15 minutes prior to your appointment time. This will allow you a few minutes to relax, take some deep breaths, have a cup of hot tea and answer a few questions so I can better understand exactly what's ailing you. This is NOT part of your session time, you get the full treatment time on the table.

How many treatments will I need before feeling better?

This depends on the extent of your condition and your commitment to have it repaired. I always recommend 90 minute treatments vs 60. The extra 30 minutes makes a big difference in how your body relaxes and responds, and aids in the full recovery process.

For exacerbated conditions you may need several treatments before full harmony can be restored. That's the goal - full restoration.

I offer discounted treatment packages so you can schedule the best times and intervals between sessions to maximize the benefits while your body gets back into alignment. It's very important to stay on track while your body mends. Try not to skip sessions.

Be assured that each of your treatments will last the FULL 60 or 90 minutes. I won't start late, cut it short or take distractions during your time on the table. It's all yours.

What if I need to cancel?

Hey, things happen, right? Usually it's not a problem to reschedule with at least 24 hours notice. Less than 24 hours and you may be subject to a 50% charge depending on circumstances. Where it gets tricky is if you cancel less than 2 hours prior to our session, or just don't show up at all. That makes it tough on me, so in that case I regret to say you will be charged 100% of the fee. I hope you understand.

How can I learn more?

That's a question I love hearing because it shows you're determined to improve your overall health. There's tons of material out there, but I've chosen a few select articles in my Blog section you might find very helpful. Read on! <https://www.newline-massageandwellness.com/blog>