Going Beyond Self Care

Self Care Overview

- Why Self Care?
  - The reality for massage therapists
  - Care versus Conditioning
- The ‘whole’ therapist approach
  - Biopsychosocial approach to therapist wellness
- Addressing the physical
  - Exercise and Nutrition for MTs
- Connecting mind and body
  - Flow state/On path
- Creating your space
  - Therapeutic rationale

Your Presenter

Aran Bright

- Massage Therapist Since 2002 (first studied in 1996)
- B HSc (MST)
- Dip Remedial Massage
- Adv Dip Myotherapy
- Grad Cert Sports Coaching
- Cert IV Fitness
- Level 2 Sports Coach ASC (Aikido)
- Pilates Mat Work
- Teaching/Designing RMT, Myo and Sports
- Motivation
  - Create healthier happier therapists
  - Encourage growth in massage field
  - Facilitate more full time therapists
Why Self Care?

The Reality for Massage Therapists

- Most Massage Therapists (73%) work less than 20 hours a week
- 47% work less than 10 hours a week
- 81% self employed
- Sole source of income for 55%
- 67% of massage therapists female
- 58% practicing >5 yrs, 30% >10
- 55% sole source of income
- Could these low numbers be because it is just hard work?


Going Beyond Self Care

What is Beyond Self Care?

Care and Conditioning

- Care – The provision of what is necessary for the health, welfare, maintenance, and protection of someone or something. (Oxford Dictionaries)
- Conditioning
  1. Train or accustom to behave in a certain way or to accept certain circumstances
  2. Bring into the desired state for use
  3. Make a person fit or healthy (Oxford Dictionaries)
- A balance of both is required for the massage therapist

Going Beyond Self Care

“Whole” Therapist Approach

Biopsychosocial Perspective

- Biopsychosocial
  - Physical
  - Mental
  - Environmental/Social
- Wellness – 6 Dimensions
  - Physical
  - Emotional
  - Intellectual
  - Spiritual
  - Occupational
  - Social
Addressing the Physical

Exercise for Massage Therapists

• “Mobility before stability, movement before strength” Gray Cook, Functional movement systems
• Determine whether you have your full movement capacity, can you
  • Squat without heel leaving the ground
  • Touch your fingers behind your back in the Apley scratch test
  • Lunge without flexing your hip (back leg)
  • Roll on the ground using only one arm or leg for momentum?

Addressing the Physical

Exercise - Mobility

• Mobility vs Flexibility
  • Flexibility is how far you can stretch a joint – often passive
  • Mobility is how far you can move a joint with control – always active
• Good mobility is key to being able to get your body into an optimum position to complete any given task!
• Consider how restricted mobility can affect you as a massage therapist
  • Lunging, thoracic stiffness, shoulder mobility

Addressing the Physical

Exercise – Stability and Motor Control

• What is your optimum functional position for performing a massage treatment?
• Forget “ideal” what works best for you
• Being able to maintain a dynamic stability whilst treating should be the “test” for your exercise plan
• Consider;
  • “Core” - Crunches, side planks, rolling, rotations, carry
  • Scapula – push up, overhead, swings, hangs
  • Lower limb – squats, lunges, kicks, dance
Addressing the Physical

Exercise - Endurance

- Train beyond the task
- Measure how long you spend everyday
  - Lunging
  - Compressing
  - Tractioning
  - Stretching
  - Resisting
  - Lifting
- Consider how long you spend performing the above tasks for exercise?

Addressing the Physical

Exercise for Therapists You

- Consider exercise that encourages better movement
- Start with gentle movements that allow movement exploration – breathing, supine work, single limb movements, "de-association"
- Improve mobility
- Develop dynamic stability
  - Push up/press up
  - Lunging
  - Crunching/rolling/core
- Foam Rolling is great!

Addressing the Physical

Exercise Individualised for You

- Consider approaches that hit at your level of performance/fitness
- What are the realistic demands of your business?
- Measure time spent on each movement and train to exceed it!
- Recommendations: all have great free resources
  - Todd Hargraves – bettermovement.org
  - Gold Medal Bodies – gmb.io
  - Functional Movement Systems – www.functionalmovement.com
  - Ultimate athleticism – maxshank.com
Addressing the Physical

Nutrition for Self Care

• Consider a macronutrient rich diet
• Explore fresh foods
• Most people do not lack protein, fat or carbohydrates
• Many people don’t eat enough vegetables
• Many people lack high quality fats
• Too much sugar, salt, refined food
• Very difficult to eat poorly with whole food diets

Addressing the Physical

Anti-inflammatory and antioxidant diet

• Foods and diets shown to have anti-inflammatory effects include
  • Mediterranean diet
  • Pomegranate
  • Berries
  • Chili, basil, bay leaves, black pepper, licorice, nutmeg, oregano, sage, turmeric and thyme.
• Sounds like a great meal!
• Processed “western” diet has increased risk of just about everything!

Addressing the Mind

Getting in your “zone”

• “Mind leads Body”
• Creating your environment
  • Accommodating the client
  • Facilitating you
• Create a clean mission and vision
• Inspired therapist has more to give
• Mental clarity versus physical strength
Addressing the Mind

It starts with a vision

• What is your mission?
  • What is it that you are wanting to do?
• What is your vision?
  • What are you wanting to achieve?
• Remember “the secret”
  • Is your current work inline with your vision?
• Do you have to get motivated to go to “work” or are you fulfilling your life purpose?

Addressing the Mind

Mental conditioning

• Meditation - Zen, Yoga, Martial Arts
• Mental Toughness?
• Achieving higher levels of mental function
  • Alpha state
  • Clearer thinking, calmer, focused
• Beta state
  • Pumped, energetic, hyped
  • Clear thinking, focused?
• Maintaining clarity of thought and being able to evaluate the progress of a treatment is priority
• Mindfulness

Addressing the Mind

Mental conditioning

• Mental training and Mindfulness resources
  • Todd Hargraves – Body Scanning
    • www.bettermovement.org
  • Acceptance and Commitment Therapy – Mindfulness Training
    • www.acminfully.com.au
  • Mindfulness Training
    • www.bemindful.com.au
  • Stress Management Apps To Try
Addressing the Social

What is the paradigm you work within?

• Not every therapist wants to be (or should be) evidence based
• But what can evidence tell us?
  • Fascia is like steel – MFR
  • Massage has very little effect on circulation and toxins – Flush
  • Pain is an output of the brain – Issues in the tissues
  • Trigger points are not what we thought they were
  • Asymmetry is normal
  • Spinal imaging is poor indicator of pain

Going Beyond Self Care

Addressing the Social

A paradigm shift?

• The placebo effect might be the key to great treatment outcomes?
  • Procebo/Nocebo
• Consider the treatment as a ritual
• What will it take for the client to engage?
• How do you make the magic happen?
• Interaction, expectation, connection, rapport
• Communication more important than technique?

www.brighthealthtraining.com.au
Addressing the Social

“Save Yourself!”

- Fascial “changes” similar to Muscular Hypertrophy (days to weeks)
- Trigger Points probably just sensitive sensory nerves
- Client interaction as important as technique
- Client’s lifestyle and beliefs will have more effect on pain and function than treatment
- Treatment as a therapeutic window to change
- Manual therapy is at its best when it asks the nervous system to make a change

Addressing the Whole

Facilitator for Change

- Be a coach not a carrier
- Inspire change
- Novel stimulus with meaning
- Mental and Social equal to Physical
- Consider active therapies
- Test everything thoroughly
- Be open to change
- Don’t lose the magic!

Addressing the Whole

Find your magic!

- Some resources that could help
  - Painscience.com
  - www.stopchasingpain.com
  - www.bodyinmind.org
  - www.noigroup.com
- Podcasts
  - Stop Chasing Pain
  - Underground Wellness
  - Research Perch

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Summary

Find your magic!

• Move better and more often
• Train yourself beyond the demands of your work
• Anti-inflammatory foods
• Eat like you are an athlete
• Practice mindfulness daily
• Create work environment that inspires you
• Use active treatment wherever possible
• Client’s psychological and social factors as important as physical in pain and function
• Facilitate change in you and client!

Body

• Self Massage
• Mobility Exercises
• Stability Training
• Mind Body Integration

Foam Rolling

How to use a Foam Roller

• Thoracic Spine – Ext Pattern
• Piriformis – Flex/Squat Pattern
• Lateral Thigh – Lateral Pattern
• Roll till finding trigger
• Combine with active movement
• Limit time spent on one point 30secs – 2 min
Summary

• How can you move better?
• What are 5 key foods that you would add to your diet?
• Are you on path?
• How do you get your clinical flow?
• 99% of client improvement comes from the client?
• What space do you need to create for them to heal?

Functional Assessment

What does “functional” mean?

• Functional Assessment is about complex, real world movements
• Multiple joints
• Multiple planes movement
• Simple scoring
  • Good or Could be better
TIP: Focus on Function rather than pain

Credit where it is due...

• Dr Mike Voigt, Gray Cook
  • Developers of SFMA, along with many other researchers
  • Developed to provide baseline for movement assessment and guidance
• Focus is on movement rather than pain
  • www.functionalmovement.com
Functional Assessment

Planes of Movement

- Flexion Pattern
  - Hip Flexion – 80° @ Sacrum
  - Spinal Curve - even
  - Knee position - neutral
- Extension Pattern
  - Full shoulder flexion - 170°
  - Pelvis shifts forward - over toes
  - Even spinal curve

Look for areas that don’t move well!
Score as GOOD or Could be better!

Mobility Exercises

Flexion Pattern

- Hip Flexion
- Piriformis Foam Roller
- Knee to chest squeeze
- Knee Extension
- Single leg towel extension
- Standing knee extensions
- Lumbar Flexion
- Roll downs
- Cat - Cow

Mobility Exercises

Extension Pattern

- Shoulder Flexion
- Modified Sphinx
- The Pump
- Thoracic Extension
- Foam Rolling Extension
- Sphinx
- Hip Extension
- Hip Extension Lunge
- Half Kneeling Rotation
Functional Assessment

Planes of movement

- Rotational pattern
- Pelvis rotates >45°
- Shoulders rotate >90°
- Cervical rotation≈180°

Mobility Exercises

Rotational Pattern

- Hip Rotation
- Mermaid (seated/supine)
- Half kneeling rotations
- Spinal Rotation
- Supine spine rotations
- Book opening
- Brettzel

Stability Exercises

- Crocodile Breathing
- Sphinx Game
- Plank variations
- 4 point knee variations
- Chop and Lift
Mind Body Integration Exercises

- Ki Breathing
- Standing Qi Gong
- Body Scan

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Summary

- Complex movement can be assessed simply.
- Self massage techniques are more effective for client and less work for you
- Moving well makes treating easy
- Relaxed strength
- Mind Leads Body