

*What is
myofascial release?*

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Myofascia is more commonly called fascia. If you look at a steak, fascia is the white marbling you see. It separates the muscles from each other and everything else. It's the lubricant that makes everything slide around. But injuries make it adhere to tissues around it and tighten up. Myofascial release loosens the fascia and stretches it back out to where it should be.

*What is  
neuromuscular re-education?*

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Quite simply, it's re-teaching your soft tissues about how much mobility you are supposed to have.

After the fascial restrictions are removed, individual muscles are gently stretched from end to end until they relax while stretched. This teaches your body that it's OK to relax and stay stretched out.

Tightness and pain come from injuries. Every bruise causes soft tissue damage, so anything worse causes even more damage. Working out the injuries eliminates the tightness and pain.

It really is just that simple.

Only \$1.00 per minute !!!

(45 minute minimum)

**Free Biotone® Firmi-Sea™
mud treatment !!!**

(90 minute minimum)

2nd massage Free !!!

(within 3 days of the 1st massage)



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TUSCULUM THERAPEUTIC MASSAGE

SATISFIED CLIENTS:

“... after my first appointment I had more range of motion in my neck and more relief from pain than I did after getting any of my epidurals.”

“15 years ago I was in a car accident that left me with severe neck trauma ... the best massage I ever received! ... I am a normal functioning adult living in a pain free world.”

“Bill not only gives an amazing massage, he also feels that the body is able to heal when given the necessary care often needed !!!”

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The Ohio Medical Board exam for massage has been based on “The Art of Massage” by Dr. John Harvey Kellogg, MD for many years. Here are a few excerpts:

“Every organ and every function of the body may be influenced by the procedures of massage.”

“Weak muscles increase in size and firmness.”

“Enlarged, stiffened and painful joints return to a normal condition.”

“There is no remedy more valuable in the treatment of muscular and joint rheumatism, sciatica, various forms of neuralgia, general defective development, neurasthenia, writer’s cramp, convulsive tic, locomotor ataxia, various forms of chronic spinal disease, and in the opening up of closed lymph and blood channels.”

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The Touch Research Institute at the University of Miami School of Medicine is the foremost authority on scientific studies of touch and massage. They officially started in 1992, building on research that began in 1982, via a start-up grant from Johnson & Johnson, Inc.. Here are a few excerpts from their studies:

Aggression - Following a month of two chair massages per week, the massaged adolescents became less aggressive. Diego, M., Field, T., Hernandez-Reif, M., Shaw, J., Rothe, E., Castellanos, D., & Mesner, L. (2002). Aggressive adolescents benefit from massage therapy. *Adolescence*, 37, 597-607.

Attention Deficit Hyperactivity Disorder - Adolescents with ADHD rated themselves as happier and were

observed to fidget less after massage sessions. Also, teachers rated adolescents receiving massage as less hyperactive and as spending more time on-task. Field, T., Quintino, O. & Hernandez-Reif, M., & Koslovsky, G. (1998). Adolescents with attention deficit hyperactivity disorder benefit from massage therapy. *Adolescence*, 33, 103-108.

Breast Cancer - Massage therapy reduced anxiety and depression and improved immune function including increased natural killer cell number in women with breast cancer. Hernandez-Reif, M., Irons, G., Field, T., Hurley, J., Katz, G., Diego, M., Weiss, S., Fletcher, MA., Shanberg, S and Kuhn, C. (2003) Breast cancer patients have improve immune and neuroendocrine function following massage therapy. *Journal of Psychosomatic Research*, 57,45-52.

Chronic Fatigue Syndrome - Immediately following massage therapy, depressed mood, anxiety and stress hormone (cortisol) levels were reduced. Following 10 days of massage therapy, fatigue related symptoms, particularly anxiety and somatic symptoms, were reduced, as were depression, difficulty sleeping and pain. Stress hormone (cortisol) also decreased and dopamine increased. Field, T, Sunshine, W., Hernandez-Reif, M., Quintino, O., Schanberg, S., Kuhn, C., & Burman, I. (1997). Chronic fatigue syndrome: Massage therapy effects on depression and somatic symptoms in chronic fatigue syndrome. *Journal of Chronic Fatigue Syndrome*, 3, 43-51.

Dancers - Massage therapy improved range of motion, mood, and performance (including balance and posture) and decreased stress hormone (cortisol) after one month of twice weekly massage therapy. Leivadi, S., Hernandez-Reif, M., Field, T., O'Rourke, M., D'Arienzo, S., Lewis, D., Del Pino, N., Schanberg, S., & Kuhn, C. (1999). Massage therapy and relaxation effects on university dance students. *Journal of Dance Medicine & Science*, 3, 108-112.

Diabetes - Following one month of parents massaging their children with diabetes, the children's glucose levels decreased to the normal range and their dietary compliance increased. Also the parents' and children's anxiety and depression levels decreased. Field, T., Hernandez-Reif, M., LaGreca A., Shaw, K., Schanberg, S., & Kuhn, C. (1997). Massage therapy lowers blood glucose levels in children with Diabetes Mellitus. *Diabetes Spectrum* 10, 237-239.

Fibromyalgia Syndrome - Massage therapy improved sleep patterns and decreased pain, fatigue, anxiety, depression and cortisol levels in adults with fibromyalgia. Sunshine, W., Field, T., Schanberg, S., Quintino, O., Fierro, K., Kuhn, C., Burman, I., and Schanberg, S. (1996). Fibromyalgia benefits from massage therapy and transcutaneous electrical stimulation. *Journal of Clinical Rheumatology*, 2, 18-22.

Hypertension - Massage therapy decreased diastolic blood pressure, anxiety and cortisol (stress hormone) levels in adults with hypertension. Hernandez-Reif, M., Field, T., Krasnegor, J., Theakston, H., Hossain, Z., & Burman, I. (2000). High blood pressure and associated symptoms were reduced by massage therapy. *Journal of Bodywork and Movement Therapies*, 4, 31-38.

Migraine Headaches - Massage therapy decreased the occurrence of headaches, sleep disturbances and distress symptoms and increased serotonin levels in adults with migraine headaches. Hernandez-Reif, M., Field, T., Dieter, J., Swerdlow, & Diego, M., (1998). Migraine headaches were reduced by massage therapy. *International Journal of Neuroscience*, 96, 1-11.

Premenstrual Symptoms - The mood of women with premenstrual symptoms improved, and anxiety, pain and water retention symptoms decreased after massage therapy. Hernandez-Reif, M., Martinez, A., Field, T., Quintino, O., Hart, S. & Burman, I. (2000). Premenstrual Syndrome symptoms are relieved by massage therapy. *Journal of Psychosomatic Obstetrics and Gynecology*, 21, 9-15.

Sleep - Preschool children who had received massage fell asleep sooner and slept longer during nap time, had decreased activity levels and better behavior ratings. Field, T., Kilmer, T., Hernandez-Reif, M., & Burman, I. (1996). Preschool Children's Sleep and Wake Behavior: Effects of massage therapy. *Early Child Development and Care*, 120, 39-44.

Smoking - Cravings, anxious behaviors and the number of cigarettes smoked were reduced by self-massage (rubbing ear lobes or hands whenever subjects experienced a craving). Hernandez-Reif, M., Field, T., and Hart, S. (1999). Smoking cravings are reduced by self-massage. *Preventive Medicine*, 28, 28-32.