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To advertise in this space call Cindi 873-0301

Says Power of Touch therapist Massage offers 'hands-on health care'

Kim Bell refers to massage therapy as "hands-on health care."
 Bell, a registered massage therapist, said she really enjoys that aspect of her job as well as the interaction with people.



KIM BELL

Bell has been working at The Power of Touch, located at 16 Mountainview Rd., since June and graduated from the massage therapy program at Sir Sanford Fleming College in April.

She does Swedish massage and described it as manual manipulation of soft tissue and connective tissue. By moving a clients joints she also helps to increase their range of motion and stretching of the joints brings "nutrients and oxygen back into the joint spaces." The goal is to keep everything as limber as possible.

Bell said she also provides stretching and strengthening exercises for her clients to do at

home.
 Her clients have massage for several reasons including repetitive strain injuries, sports injuries, tendinitis and other strains and sprains, low back pain, shoulder and neck pain. She

also works on clients who suffer from migraines and headaches.

"A lot of headaches can be caused by muscle tension in the neck and shoulder area," said Bell.

Bell said massage also works well for those seeking relaxation and stress reduction.

When she works on a client, sessions usually last an hour, only the area that she is working on is uncovered. The rest of the client's body is fully covered.

Bell said some of her clients need weekly treatments, others monthly. It all depends on what their condition is.

Massage therapy isn't covered by OHIP but Bell said "most extended health plans do cover it now."

To contact Bell call The Power of Touch at 702-8265.

—By Lisa Tallyn, staff writer

St. John courses set for December

St. John Ambulance is running courses over the month of December: A three-day combined Standard First Aid and

CPR Level C will be held Dec. 11, 12, 13; First Aid and CPR renewals will be held Dec. 19 and 20. Info: (905) 459-2440.

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