

Fitness

Massage therapy is for everyone

By NANCY HOSKIN

To many of us, being pummeled and kneaded by a masseur is reserved for the upscale sophisticates who drive German imports and vacation in Europe.

But these days a massage is therapy — a recognized extension of the health care industry, and according to Rosemarie Caulder and Pamela Polley, who started Unionville Massage Therapy Centre, 2½ years ago, people of all ages and professions, from children to seniors, come in for treatment.

Over 75 per cent of the Centre's clientele are referred for treatment oriented sessions. The other 25 per cent wish to relax, treating themselves to a massage at the end of a stress-filled week.

Many people associate massage therapy with lower back pain, or Sciatica, but clients visit Unionville Massage Therapy Centre with a variety of ailments, including chronic pain caused by arthritis, migraine headaches, athletic injury and bursitis.

People may have just over extended themselves. Muscular pain, in all forms, is one of the most common problems. Each

case differs from the next.

Becoming certified in the field of massage therapy requires years of detailed course instruction in anatomy and physiology. Students take classes beginning with the study of the cell, learn how each muscle in the body works, are able to recognize disease and, in practice, learn how to manipulate the muscles through massage. Both Mrs. Caulder and Mrs. Polley are graduates from the Canadian College of Massage and Hydrotherapy and are licenced under the Drugless Practitioners Act.

The objective in massage therapy is to balance the muscles through the physical manipulation of skin, joints and muscles.

"We review each case before giving them a massage," explained Mrs. Polley. "Whiplash victims, for example, are treated on an individual case basis, depending on how the neck was positioned when it was strained. Cases may be similar, but are never equal."

Massage therapy has a short history, having only been recognized as an alternative in health care for 10 years. Massage is a "natural medicine"

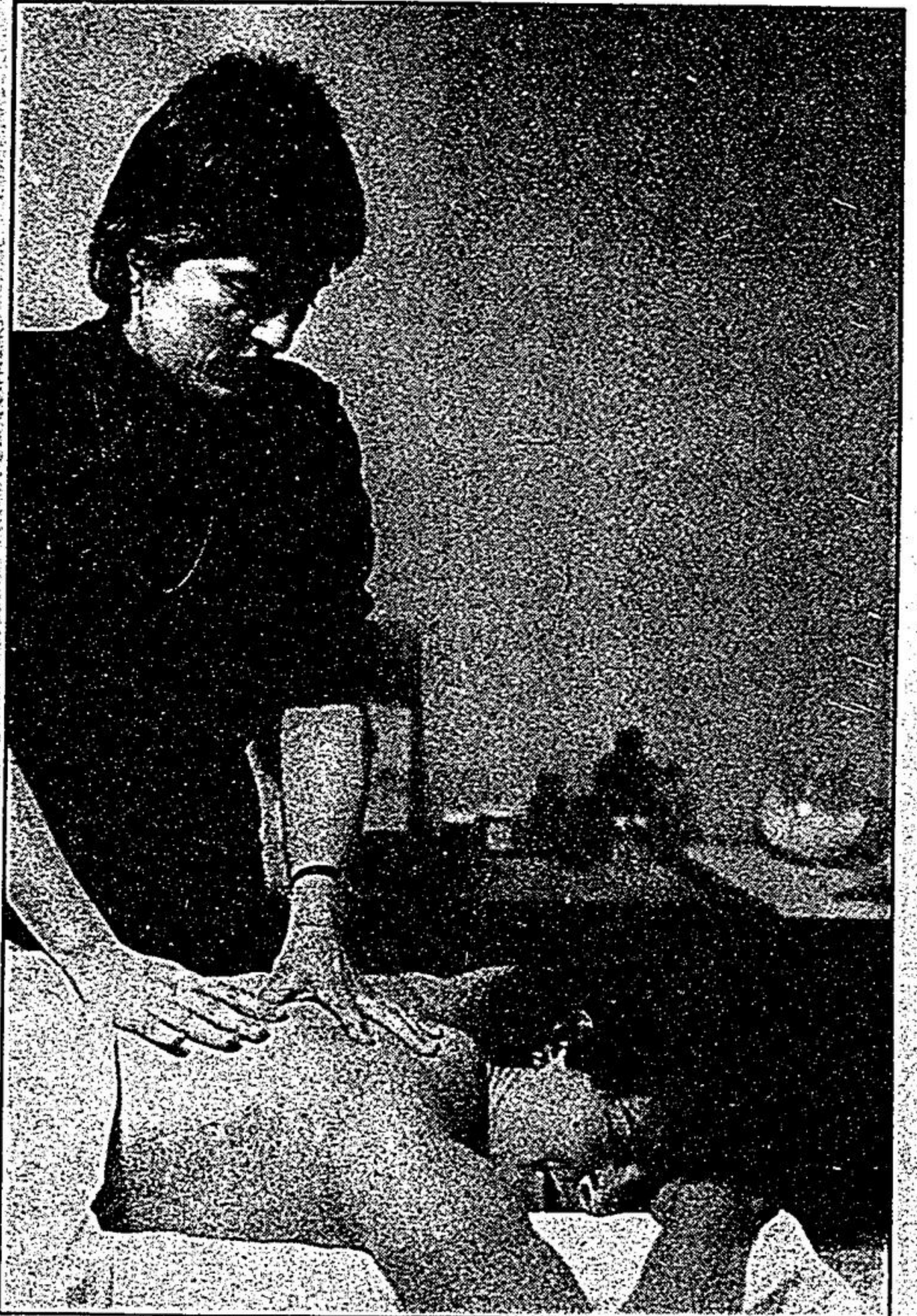
There are many explanations why one might suffer from muscle pain. After assessing a client's complaint, and giving a massage, a therapist can often help cure the patient from what ails them, or at least lessen their pain.

Many men suffer from the "Pocket Syndrome", which causes lower back pain, due to the pinching of a major nerve that runs in the back of the leg. A simple thing like placing the wallet in a jacket or another pants pocket can usually alleviate the problem.

"Simple changes in lifestyle can help combat problems," said Mrs. Caulder. "Lower heels might be the answer, carrying a light weight briefcase or switching to a clutch purse can make tremendous differences."

Between visits many clients work at home on physical exercises and mental relaxation exercises.

Throughout the year Unionville Massage Therapy offers workshops and seminars, including stress relief workshops for companies, a couple's massage workshop and a course on infant massage which teaches parents how to massage their child.



Ahhhhh. A massage is the ultimate in relaxation. Here, Rosemarie Caulder gives her associate Pamela Polley a massage at the Unionville Massage Therapy Centre. Massage therapy has gained recognition as a beneficial form of health care. It has only been recognized as such for 10 years. The objective of the masseur or masseuse is to balance muscles through the manipulation of skin, joints and muscles.

— Nancy Hoskin



Tan With The Best

GOING SOUTH? 10 SESSIONS
Tan Before You Travel
Don't Lose it when you return. **\$49⁵⁰**

SPECIAL OFFER
"THE BUDDY SYSTEM"

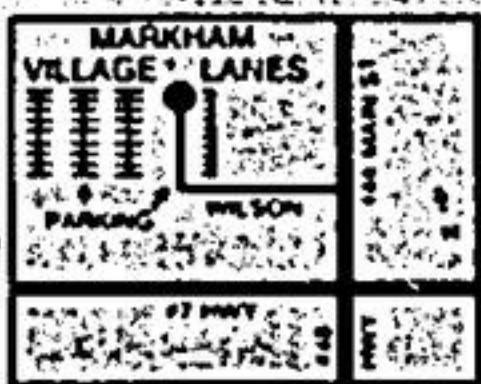
20 SESSIONS
Split for you
and a friend **\$99⁰⁰**

May not be used in conjunction with any other offer.
Hurry! Both offers expire Feb. 22/87

Second Sun

TAN SPA

NEW LOCATION
MARKHAM VILLAGE LANES
144 MAIN ST. N.,
MARKHAM
471-8585



BROOKS MUSIC STUDIO

& BALDWIN KEYBOARD CONSULTANT

3 Centre St. Suite 202
(above the Royal Bank)

WE ARE NOW ACCEPTING
STUDENTS FOR CLASSICAL,
JAZZ, FOLK AND ROCK
GUITAR PIANO

587-4796

CALL FOR FREE
INTRODUCTORY LESSON. GIFT
CERTIFICATES AVAILABLE.
PAUL BROOKS WILL BE
APPEARING AT THE
MARKHAM THEATRE FRIDAY
APRIL 10 87

RENT A BALDWIN PIANO IN YOUR HOME
STARTING AT \$9.95 A MONTH & P.S.T.
CALL FOR DETAILS

SUNBANQUE

ISLAND TANNING

JOIN US FOR OUR
2nd BIRTHDAY CELEBRATION
BIRTHDAY SPECIAL

(Offer expires Feb. 7th, 1987)

1 Year (unlimited use) **\$250⁰⁰**
reg. \$350.00
3 Months (unlimited use) **\$100⁰⁰**
10 Sessions **\$52⁵⁰**
(must be completed within 6 months of purchase)
1 Session **\$7⁰⁰**

294-8673

GIFT CERTIFICATES AVAILABLE

70A Main Street North, Suite 105, Markham, Ontario L3P 2X5 Telephone 294-8673

