

Munster Treatment Rooms

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WHY MASSAGE MATTERS TO ME

This month, I would like to focus on my interest in massage and why I see it as having enormous benefits in taking care of the human body.

A little bit of history for you - Massage has its origins in the ancient civilisations of Rome and Greece – and even further back – into the ancient Chinese dynasties – 3,000 BC. It has long been recognised as having huge therapeutic value and benefit. The word “massage” is thought by some to derive from the Greek word “massein” meaning “to knead” while others believe it derives from the French word “masser” meaning “to shampoo”.

It’s an “instinctive” medicine. Even as children, when we fall or hurt ourselves while playing we automatically rub the area that hurts – when our children have tummy aches, we instinctively rub their tummies to alleviate the pain. When we have headaches, we rub our temples to get some relief.

Obviously, the techniques which massage therapists use have become more involved and sophisticated and modern massage therapy has its roots in the emergence of massage in the 17th century in Nordic countries and gathered pace in the late 19th century in the States and later the U.K. Scientific massage involves the use of a wide range of techniques and practices in ways that are appropriate to the initial diagnosis. Spending time with the patient is key to ensuring that proper diagnosis is carried out and subsequent treatment is appropriate.

As a Massage Therapist, once I have taken a case history, I always precede each treatment with massage and complete with massage. Massage helps to warm up the tissues and prepares them for further work during the treatment. When the treatment is complete, the finishing massage completes the circle and leaves tissues supple and relaxed. This is key to the healing process. Treatment in between usually consists of using a range of techniques from stretching a specific muscle to joint manipulation. Massage is a form of protection, a remedy, an encouragement to heal! It is something I do in my work and even in the care of my own children if they have succumbed to one of the many children’s ailments or accidents.

The human body is such a complex machine with one part depending on another yet ever part needs to work in harmony. Sometimes the body can break down due to stresses it endures in everyday living or to accident or injury. These stresses (including mental stress) usually manifest themselves in the muscular system resulting often in poor posture, accompanying pain and as a result, an imbalance in the overall body framework. This is when massage comes into its own. For those of us who have had massage, we can really appreciate its benefits. Whether massage is carried out on a specific area or is part of a general workout the benefits are enormous. If treatment needs to be over a longer period, then the body can reap the rewards and harmony is restored.

In my practice, I not only use massage - I use lots of techniques from stretching a

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specific muscle to manipulating the spinal joints. I sometimes need to ask other specialists such as a Chiropractor or Osteopath to assist or take over treatment in some cases when I see that patients would benefit.

I enjoy my work very much. I love to hear comments like "I feel like a new person", "I could run a marathon now". When I hear these, I FEEL GOOD! And I know I've done my best to help the person – I've done my job properly.

So, this Christmas, if you have a few €€€ after shopping why not book yourself in for a session, or better still book your session before you shop? That way you will be more relaxed mood and you will enjoy your shopping even more. You might also want to buy a special gift for that special person in your life – so a Massage Voucher might fit the bill nicely. I would like to wish you all a very warm and happy Christmas and thank you for your custom throughout the year.

Best wishes

Rob McGuinness

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