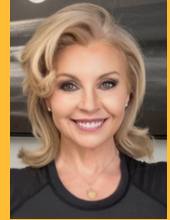


NEWSLETTER



Dear friends,



I'm excited to share insights from my work, gathered over the years with many of you, and introduce Gabriella who will be joining me as a sports massage therapist. I'm seeing a lot of neck pain so I'll address a common cause: poor sleeping positions. I've also included an overview of knots and trigger points and how massage alleviates this. For your mind and spirit, I recommend Richard Rohr's "Breathing Under Water", a profound book on addiction that explores not just the obvious addictions but also those to work, technology, and more. Rohr connects the Twelve Step Program to Jesus' teachings, addressing the failure of religion to help people and guides us to our Higher Power.

Warmly,

Caroline



WHAT ARE KNOTS?

We explore how a "knot" or trigger point is a tight, tender spot in muscles, often caused by overuse, poor posture, or stress, which can restrict movement and blood flow.



INTEGRATING SPIRITUALITY INTO YOUR WELLNESS

Richard Rohr's teachings in *Breathing Under Water: Spirituality and the Twelve Steps* offer profound insights into the connection between physical healing and spiritual growth.



NECK PAIN AND SLEEP POSITION

Neck pain is often caused by poor sleep posture, with side or back sleeping being the best for spinal alignment, while stomach sleeping can lead to irritation. We explore the different types of lumbar support that can help.



About Us

The massage and bodywork modalities offered at 3D Vitality Sports and Therapeutic Massage provide optimal conditioning for those in competitive sports and therapeutic restoration for those in pain or recovering from injury. It is a place to heal from the discomfort of tension and stress or to gain restoration in a peaceful environment.

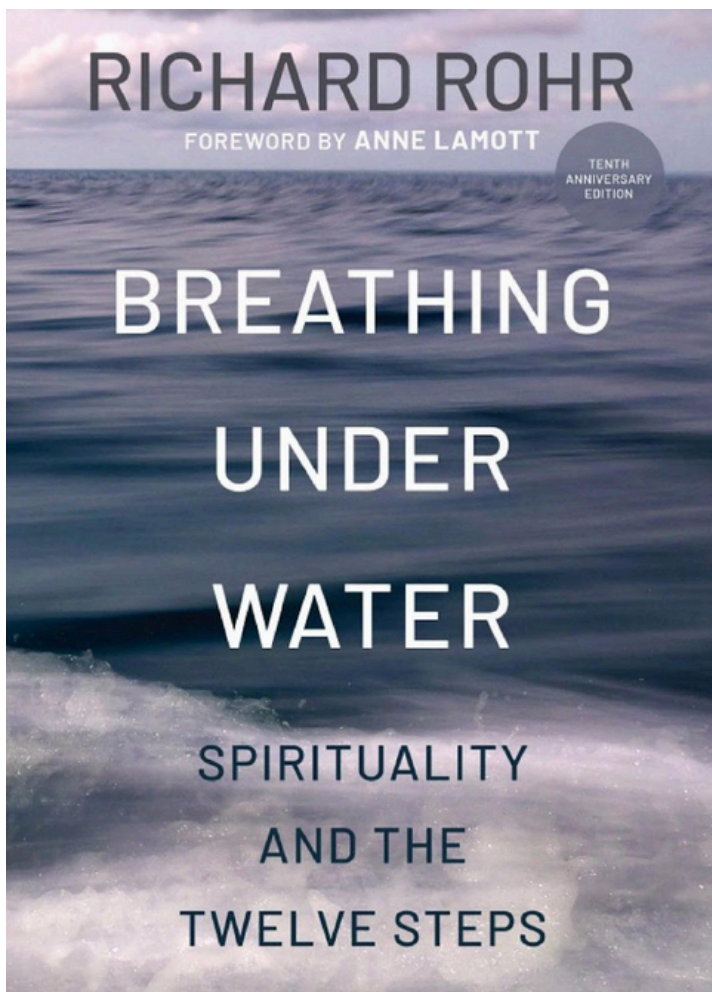
HEALING NECK PAIN BY CORRECTING SLEEP POSITION



Many people seek therapeutic bodywork for neck pain and stiffness, often caused by poor sleep posture that affects spinal alignment. The best sleep positions for neck health are on your side or back, as recommended by both professionals and Harvard. Stomach sleeping, while not universally opposed, can lead to additional issues like lower back pain and fatigue. A supportive, well-fitted pillow is key to maintaining proper spinal alignment and minimizing neck flexion. The ideal pillow should not be too high or too low, with side sleepers needing a higher pillow under their neck and back sleepers requiring a rounded pillow to support the neck's natural curve. Pillow types, like feather or memory foam, are commonly suggested, but they should be replaced regularly as they lose support over time.

Other factors contributing to neck pain include mattresses that don't provide proper support and poor posture while sitting, such as using an ill-fitted armrest or poor computer posture. Fortunately, these issues are generally easy to address, leading to relief from neck pain when corrected.

THE CONNECTION BETWEEN SPIRITUALITY AND HEALING



Richard Rohr's teachings in *Breathing Under Water: Spirituality and the Twelve Steps* offer profound insights into healing, transformation, and spiritual growth, especially for those dealing with addiction. For Rohr, addiction isn't just a physical or mental condition—it's a spiritual issue that reflects a disconnection from the divine and our true selves. Healing, therefore, isn't just about breaking habits; it's about spiritual restoration. Rohr ends with a resonating explanation of where God is amidst our deepest suffering.



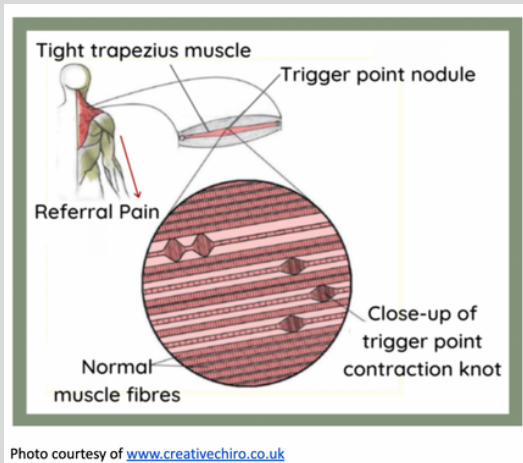
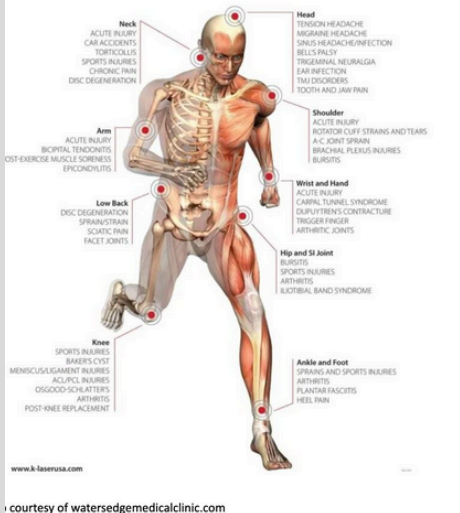
HERE ARE KEY TAKEAWAYS FROM ROHR'S WORK:

1. **Addiction as a Spiritual Issue:** Addiction disconnects us from our true selves and the divine; healing begins with spiritual restoration.
2. **12 Steps as Spiritual Growth:** The 12 steps offer a universal path to personal growth, emphasizing surrender, humility, and self-examination.
3. **Humility and Surrender:** The first step, admitting powerlessness, fosters humility and trust in a higher power, initiating healing.
4. **The Paradox of Healing:** Healing is about finding peace amid adversity—spiritual resilience grows when we face challenges with hope.
5. **Self-Awareness and Grace:** Healing requires honesty about our flaws and openness to grace, not perfection or self-effort.
6. **Community Support:** Recovery and spiritual growth thrive in supportive, non-judgmental communities.

KNOTS AND TRIGGER POINTS EXPLAINED



Common Muscles Affected by Trigger Points



Knots and Trigger Points Explained

Knots and trigger points, tight and stiff areas within your fascial tissue, can occur throughout your body and cause pain and muscle stiffness and inhibit mobility and blood circulation. They feel like small bumps, nodules or knots and are often caused by injury, muscle overuse, poor posture and tension. Tailored stretching and myofascial massage techniques can alleviate this over time.

What's going on beneath your skin?

'Myo' means muscle and fascia is the connective tissue that covers and supports your muscles. It is also woven throughout your bones, nerves, arteries, veins and organs. The Cleveland Clinic likens your fascia to a strong, flexible and stretchy spider web, explaining it is one continuous structure throughout your body with each part of your body connected to it in some way. This is why an injury or trauma to this tissue in one area may be felt in another part of the body. As a massage therapist, I work to release tension in your fascial tissue using pressure and stretching, and because of the continuity of the fascia I like to work a broader area that the site of discomfort, working from many different directions.



Welcome Gabriella!

Gabriella has worked as a massage therapist for 8 years specializing in deep tissue therapy and sports-related bodywork. Having worked with athletes of all ages she is skilled in treating soft tissue strains and injuries, scar tissue, joint inflammation and muscle stiffness, all of which can lead to pain and tension and loss of strength and joint mobility. Gabriella has worked extensively alongside a chiropractor and within a clinical environment. She enjoys incorporating cupping and hot stone therapies and is also skilled in prenatal, lymphatic and relaxation massage.

FINAL THOUGHTS

Building resilience requires attention to our minds, bodies, and souls. By cultivating a flexible, resilient mindset, taking care of our physical health, and engaging in spiritual practices that nurture our inner selves, we set ourselves up for growth and healing in all aspects of life. Whether you're trying to build emotional strength, improve your skin's appearance, or embark on a spiritual journey, remember that true transformation takes time and patience. I hope you take the time to refresh your mind, body, and soul this week.

Warmly,
Caroline