

## Meet Cynthia Scott

Cynthia Scott, the newest associate at the MMTC, graduated with honours from Algonquin College in April 2003. Since joining our clinic in August, she has been busy establishing herself as a valued member of the Metcalfe team. Cynthia works with clients to reach their health care goals based on their desired outcomes. Her individualized approach recognizes that every client is unique and requires a treatment that meets and adapts to their needs. She augments the massage therapy treatment with education on self-care, postural awareness, stretching, strengthening, and hydrotherapy.



Cynthia is successfully building her practice and her reputation in the community. Watch our information board for her upcoming information sessions at your local Chapters store over the next few months. She'll be presenting topics that are of interest to her clients including pregnancy massage, sciatic pain, trigger point therapy and back pain.



# MMTC

Metcalfe Massage Therapy Clinic

Issue # 2

Spring 2004

## Welcome to our second newsletter.

We at MMTC are thrilled to have kept the momentum moving with this project. In this issue we have an article on injuries and their detection, and we will showcase Cynthia in our "Meet the therapists at MMTC" column.

We also have a new feature. Our "Did You Know?" column will enlighten you about the lesser known facts and trivia of Massage Therapy.

As the sun shines brighter and hotter and spring activities beckon, propelling us outside, we wish you a healthy and active spring season.



Want something special for Father's Day?

Why not try a gift certificat



### Metcalfe Massage Therapy Clinic

Suite #607  
180 Metcalfe Street (at Nepean)  
Ottawa ON K2P 1P5  
(613) 235-2377

Visit us online at  
[www.metcalfemassage.com](http://www.metcalfemassage.com)

### Contents:

- Is This An Injury Or Am I Just Sore? .....2
- Did You Know? .....3
- Meet Cynthia Scott .....4

### Editor:

Paul Lafleur

### Contributors:

Paul Lafleur  
Cynthia Scott  
Angela Wilson



## Is This An Injury Or Am I Just Sore?

Angela Wilson

Many of us at one time or another have asked ourselves "Is it wise to be doing a workout today?". Pain is a sign that something is wrong with your body. Pay attention to these signs, as the line between being sore and being injured can be a fine one.

That achy, weak and shaky feeling after an intense workout or learning something new is called Delayed Onset Muscle Soreness, or DOMS. It can last 24 to 72 hours. The soreness will subside gradually and not affect future workouts.

Many sports related injuries occur from overuse. During a workout, there will normally be some micro-damage in the muscles. The body will then heal the area and fortify it against further damage. Insufficient recovery time will limit its chance to heal, and this buildup of micro-damage can lead to an injury.

Ignoring the warning signs of pain make the conditions ripe for an injury. You may try to 'push through' the pain and get the workout or race completed. For example, if a runner has pain in the right knee their gait may change slightly by putting more weight on the left leg to protect the right. This is an excellent strategy to avoid pain, but it puts a lot of stress on other areas, increasing their risk of injury too.

If you notice that post exercise soreness is a regular thing, ask yourself these questions: Does the pain persist into other daily activities? Does it interrupt sleep? Does it affect how I walk or run? If I take a week off is it still there when I return to regular workouts? If you answered 'no' to any of these questions, take some time off, and gradually return to your exercise programme. If the answer is 'yes', you may be dealing with an injury.

So what if you are injured? Once you've had it assessed by a doctor or health care practitioner, it is vitally important that you follow

*Continued on page 3*

## "Did You Know"

All Registered Massage Therapists in Ontario must have a compulsory training of 2200 hours which is currently taught in both private vocational schools and community colleges. In community colleges this translates into a three year course of study. In Ontario, only Massage Therapists who have undergone this training and passed the requisite government written and practical exams are legally allowed to call themselves Massage Therapist (MT), Registered Massage Therapist (RMT), or massothérapeute.

### Is This An Injury Or Am I Just Sore?

*Continued on page 3*

through with the rest, stretch and strengthen guidelines that you are given. Other important factors in your healing include: Sport and gait specific footwear, changing the exercise habit that got you there in the first

place, and adding some cross-training to your schedule. Return to your regular program slowly. Remember, increase the intensity of your workout by no more than 10% per week.

How can massage therapy be a part of your exercise schedule? Massage can relax tight muscles, allow more efficient circulation and speed healing. You and your Massage Therapist may identify problem areas or training habits that may contribute to an injury. By catching it early, you can nip the problem in the bud, and keep moving.

So, whether its a big race or you're training for the human race, massage therapy can be an important part of your training.

### Cancellation Policy:

Please keep in mind that your appointment time has been reserved for you. Giving us 24 hours notice will ensure that this time can be offered to another client who also requires care.