

## Meet Basil Phillips

Basil has been a part of the MMTC team for nearly 3 years. Basil graduated from Algonquin College in Massage Therapy in 2000 as part of the inaugural group. Prior to massage, Basil had graduated from Carleton University with a double major in Sociology and Law.

Looking to massage for his new career, Basil opened his own massage business shortly after graduation, focusing on athletes and athletic injuries. Basil has treated athletes of all levels from the recreational one to the National team level. He is currently a member of the National Sport Centre of Ontario, and also works with the varsity sports teams at Carleton University.



Basil's treatments are client-centered, and he works with the client to provide the best treatment possible. With his extensive sports background, Basil brings this knowledge base to MMTC where he continues to treat various ailments and specializes in injury rehab, deep tissue massage, trigger point work and remedial exercise. He is available on Saturdays, and he is confident that he can work out a treatment plan that will suit your needs.

Looking for that  
perfect gift for  
someone special?

Why not try a gift  
certificate !



### 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)



# MMTC

Metcalfe Massage Therapy Clinic

Issue # 3

Spring 2005

## Sports massage for all your training needs

Angela has written a very informative article on how often one should receive a massage during one's training. What would we ever do without our massage therapist as we gear up for the race of our lifetime?

We are proud to introduce Basil to you, another member of our team, who will be featured on the back page. Welcome Basil!

In this issue, our regular "Did You Know?" massage therapy feature, will be replaced by a scrumptious recipe from Kathryn. Prepare your taste buds!

As the days get longer, and icy streets become a thing of the past, it is time to get outside and enjoy this invigorating time of year!



### Contents:

The Perfect Time for Sports Massage .....	2
Recipe Corner .....	3
Meet Basil, our new therapist .....	4

Editor: Paul Lafleur

Contributors:  
Paul Lafleur  
Basil Phillips  
Kathryn Radford  
Angela Wilson



## The Perfect Time for Sports Massage

Angela Wilson

One of the most often asked questions is "How often should I get a massage?"

As the frequency of your training changes, so should the frequency and goals of your massage therapy. Think of your body like a car: The harder you drive it, the more often it needs to go in for maintenance.

During your off-season, the intensity tends to be a bit lower. You should be scheduling massage every 4 to 8 weeks. Frequency will depend on things like stretching habits, use of hydrotherapy and your budget. As the mileage increases, so too should your visits. The goals are to reduce muscle tension, improve flexibility and circulation, and to make recovery days more efficient. You may see a reduction in Delayed Onset Muscle Soreness (DOMS). Injuries may be noticed earlier, allowing you to make subtle training changes to avoid

being sidelined by a major injury later in your season.

Deep tissue maintenance massage can be scheduled a couple hours after a hard workout or the day before an easy or rest day. Because tissues can be affected at a deep structural level it's not advised to have this type of work done less than 48 hours before a big workout or race.

If you are focusing on a specific injury, you should consider seeing your MT more often, but for shorter treatments with emphasis placed on healing the injury. Within an hour of beginning or ending your race you could benefit from some light, brisk massage. The sessions would last 10 to 20 minutes and there would be no deep work done. The emphasis is on warming the joints and muscles and increasing circulation.

Post race it can reduce muscle tension allowing for efficient removal of metabolic wastes and to relax the nervous system. Recovery massage is best scheduled 1 to 4 days after the big race. You may be a bit sore after your race (ha ha ha).

*Continued on page 3*

## The Perfect Time for Sports Massage

*Continued from page 2*

Massage can help to reduce swelling and soreness. Injury flare-ups are addressed and treated. DOMS may be reduced but there is nothing that can eradicate it but a few days of 'easy does it' when the damage has already been done.

When devising your training schedule consult your Massage Therapist to create a schedule tailored to your needs. Make sure to ask what you can do between appointments to keep you going. Think ahead a few months. Chances are there are others training for the same race. Booking your appointments early ensures you get the care you need at your convenience. An intelligent training and massage schedule can mean the difference between surviving a race and putting your personal stamp on it.

## Red Salmon or Tofu Thai Curry

by Kathryn Radford  
(originally from Nicola Mansworth)

- 1.5 lb. Salmon fillets, cut on bias into 1/2" thick slices (or 1 block tofu cut in cubes)
- 1 tbsp vegetable oil
- 1 small onion or shallot chopped
- 1 Japanese/Chinese eggplant, halved lengthwise, cut into 1.25 cm slices\*\*
- 2 tbsp red curry paste \*\*
- 2 tsp minced fresh ginger\*\*
- 1 can (400ml) coconut milk\*\*
- 2 tbsp fish sauce \*\*
- 1 tbsp sugar
- 1 red or yellow sweet pepper julienned
- 4 kaffir lime leaves (cut very finely)\*\*
- 8-10 basil leaves, coarsely chopped\*\*



\*\*these ingredients are available at Grace of Ottawa on Bank near Nepean Street

1. Heat heavy skillet/wok over medium-high heat until hot. Add oil, shallots, eggplant, stir fry until golden brown (about 2 min).
2. Add curry paste, ginger, coconut milk to skillet, stir and bring to a boil for 1 minute. Season with fish sauce and sugar.
3. Reduce heat to medium, add peppers, cover and simmer 2 min until peppers are tender.
4. Add salmon or tofu and cook 3-4 min (longer if required) or until salmon flakes when pressed with a fork. Be careful not to overcook. Add kaffir lime leaves, basil, stir to mix well. Serve immediately with steamed rice (or cooked rice noodles although I prefer rice to soak up the sauce).

### 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.