

STRETCHING...DIFFERENT TYPES & WHEN TO USE THEM!

Static, dynamic, ballistic and PNF, are the 4 main stretches that you may or may not have heard of before and at some point may have used or will use. But what are they and when should you use them?

STATIC

WHAT -This is the most used, known and safest stretches. It involves taking a muscle to its outer range until a gentle stretch can be felt (no pain) and held for 20-60 seconds.

WHEN – After a workout as part of a cool down, also, in between workouts to help elasticity & flexibility of muscles.

WHY – it suppresses the central nervous system, relaxing muscle by lengthening. Research has shown it reduces power and force production of muscle, hence its not used so much before a workout.

DYNAMIC

WHAT – Also known as active stretching. Its involves taking a muscle through its entire range of movement, starting with small slow movements finishing with full range and speed.

WHEN – Before a workout. Great first thing before your day begins.

WHY – It warms and activate muscles; Different stretches can replicate movements of different sports/daily movements and can be adapted accordingly, using different planes of movement.

BALLISTIC

WHAT- It involves taking the muscle near to its limit and bouncing to stretch it further.

WHEN – This stretch is rarely recommended without professional supervision. Dancers, football players, martial artists and basketball players may use this stretch before or in between events.

WHY – It can improve dynamic flexibility, gets muscles ready for high impact activity and enhances motor performance of muscles. However, this stretch can also cause injuries.

PNF (Proprioceptive neuromuscular Facilitation)

WHAT – It can be an active (you) or passive (someone else) movement. It involves stretching the muscle to its limit, holding, resisting an equal resistant force (isometric contraction) for a minimum of 6 secs and stretching. There are hold-relax, contract-relax and hold-relax-contraction techniques.

WHEN – It can be used as a stretch as well as a rehab strengthening technique and can be used after and between workouts. Depending on the type of sport/injury it maybe used beforehand.

WHY-. It is used to activate and strengthen and increase flexibility of muscle although some research suggests that it can fatigue muscles in the short term, therefore it is better to use after or between workouts but it maybe different for differing sports.

WRITE A REVIEW

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MASSAGE ON TOP OF YOUR BOOKED APPOINTMENT.

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NEWSLETTER

Summer 2018

Welcome to 2018's summer newsletter and what a summer it has been so far! I hope you've been taking full advantage of the brilliant sunshine. Because of the amazing weather I have been privileged enough to work outside overlooking some fantastic Norfolk views, watching the sunset. What could be better than that?!

In this seasons edition you will find free massage offers if you book a pamper party and/or write a review. I will be briefly explaining the difference between deep tissue and sports massage as well as the four main types of stretches, when they are best used and why. You will also find details on my new venture working at a physiotherapists clinic and a list of the benefits of massage....like we need an excuse!! Thank you for reading. xx

BOOK A PAMPER PARTY

RECEIVE A FREE MASSAGE WHEN YOU BOOK A PARTY
15 MINUTES FREE (MINIMUM OF 6 PEOPLE)
30 MINUTES FREE (MINIMUM 8 PEOPLE)

PAMPER PARTIES & VENUES

Over the last few years I have begun to work with a select number of independent therapists and yoga teachers to offer private clients, venues and hotels pamper, health & retreat packages.

PLACES & ORGANISATIONS I WORK ALONGSIDE

The White Horse Hotel-
Brancaster

The Dial House – Reepham

Cliff Barns – Narborough

Carrington House – Snettisham

Acacia Cottages – UK

If this is something you are interested in please contact me to discuss.

Choose from;

Beauty , Massage,
Yoga, Meditation,
Nutrition, Fitness.

THE BENEFITS OF MASSAGE

Improves Condition of Skin

- Improves blood circulation
- Stimulates to keep it soft and supple and cleansed through lubrication, elimination of toxins and uppermost skin cells.

Aids Removal of Adipose Tissue

- Massage helps soften adipose tissue and increased blood flow speeds up removal.

Aids Condition of Bones and Joints

- Deep massage indirectly increases blood supply to bones via periosteum.
- Massage and passive movements aids maintaining full range of movement.
- Loosens adhesions in structures around joints and nourishes them through increased blood circulation.

Aids Condition of Muscles

- Massages aids relaxation of muscles, due to the warmth created, reflex response and removal of accumulated waste and larger molecules
- Metabolic rate is increased improving the condition
- Reduces pain, stiffness, and muscle fatigue and restores normal function of muscles more quickly.
- Performance of muscles enhanced and less likely to suffer strains, sprains, micro-tears or other injuries.
 - Elasticity of muscles improves and fascia surrounding tight muscles is broken down
- Breaks down adhesions and fibrotic nodules that may have developed within the muscle as a result of tension, poor posture or injury

Effect on Blood

- Massage is thought to reduce the viscosity of the blood, reducing its rate of coagulation
- Relaxing slow massage may reduce high blood pressure

Effect on Lymphatic system

- Massaging towards lymphatic nodes increases the flow of the lymphatic vessels, aiding the transfer of waste substances and their drainage; Increasing the body's ability to eliminate toxins

Effects on Digestive System

- Abdominal massage stimulates the movement of digested food through the colon, relieving constipation and flatulence
- With the increased movement of metabolic waste an increased amount of urine is eliminated.

Effects on Nervous System

- Slow, rhythmical massage produces a soothing, sedative effect on sensory nerve endings, promoting relaxation
- Vigorous, brisk massage has a stimulating effect, producing feelings of vigour and glow.

SPORTS MASSAGE VS DEEP TISSUE... WHAT'S THE DIFFERENCE?

Many people get confused between deep tissue massage and remedial/sports massage. However, Sports massage doesn't have to be deep. In fact, did you know there are different types of remedial massage that you can have before, after and in between your exercise sessions to help your performance and recovery as well as help rehabilitation. Level 4 sports massage therapists are insured to deal with and rehabilitate some musculo-skeletal injuries while level 3 deep tissue therapists are not; it is for relaxation purposes only under insurance policies.



COURSES & CPD

Now that I'm level 4 qualified; allowing me to deal with some musculo-skeletal injuries. I am looking into other courses to expand my knowledge and ability. Here is a list of courses/lectures that I have already attended and have booked onto so far this year.

Attended

1. STRAPING & TAPING
2. GAIT ANALYSIS
3. LOWER LIMB INJURIES
4. UPPER LIMB INJURIES

Courses Booked

1. NEURO-SPINAL ASSESSMENT & TREATMENT
2. DRY NEEDLING
3. REHABILITATION FROM INJURY

CLINIC APPOINTMENTS

As well as offering a mobile service I am now working at a clinic alongside Chris Boynes, a well renowned physiotherapist. He is a dynamic consultant physio with more than 20 years' experience treating elite athletes and people suffering with a wide range of spinal and musculo-skeletal conditions.

Both Chris & I will be referring to each other to enhance our clients injury rehab and treatment.

Clinic Times: Wednesday 3-8pm

Book online at;

www.pennygroommassage.co.uk

(<http://www.chrisboynesphysio.com/>)