

In touch

News and tips for total body health and wellness



Let it Snow – You're Good to Go!

The snow and ice came early this year, and it looks like they may stay late. That's good news for winter sports enthusiasts – more opportunities for skiing, ice skating and other outdoor activities. But it also means more potential for injuries and sickness.

You can stay safe and healthy this winter, if you just practice a little common sense:

- Stay (or get!) in shape
- Warm up your muscles before strenuous activity
- Dress appropriately, including non-skid shoes or boots for traction
- Keep sports equipment in good working order
- Wear sunscreen and moisturizer
- Rest when you are tired
- Stay within your ability level

By taking these simple precautions, you can enjoy a long, happy season of winter fun!

What is Reflexology?

The ancient art of reflexology dates back to ancient China, Egypt and India. It is a form of massage applied to certain parts of the body that produces a healing effect in corresponding organs and other parts of the body. It is not a substitute for medical treatment, but has been proven to be an effective complementary treatment for a wide variety of ailments, including:

- back pain
- migraine
- arthritis
- sleep disorders
- sports injuries
- stress-related conditions

Reflexology is based on the belief that each part of the body is interconnected through the nervous system. It focuses on stimulating the reflexes of the feet (and sometimes hands and ears) through manipulation. Applying pressure to specific points on these areas has been shown to release energy and promote relaxation, which can improve circulation, alleviate pain, assist in lymph drainage and

the elimination of toxins, and strengthen the immune system. One of the advantages of reflexology is that it can be used to produce a response in an area where there is a contraindication for regular massage or deep pressure.

Research studies that validate the effectiveness of reflexology have been conducted around the world. The Reflexology Association of America reports that reflexology has even been incorporated into the employee health programs of several large corporations in Japan and Denmark, saving them thousands of dollars annually in sick benefits.

In addition to her training in sports medicine and myofascial release therapy, GTPT massage therapist Penny Nelson has been a certified reflexologist for three years.



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Keeping In touch

- Physical therapy can now be prescribed by physician assistants.
- Did you know that physical therapy is covered by most insurance providers when it is prescribed by a doctor or physician assistant?

Mark your calendar:

May 4, 2006 at 6:30pm, GTPT is hosting an informative forum about back pain. Randy and Penny Nelson and guest speakers will offer techniques and pointers to help ease your suffering.



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*Listen to your body's messages and
move beyond injury and into healing.*

At Grand Traverse Physical Therapy our experience, expertise and compassion evoke a sense of health and wellness. We strongly believe in the healing powers of physical therapy and massage.

