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Boulders on your Shoulders ?,

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How did they get there? When did they get there? And how do I get rid of them? It feels like my head is being pinched right off. I need some relief, now!

If this sounds familiar, you are not alone. To many of us, the weight of our world can leave tell-tale signs in form of hard aching shoulders, arms and necks.

Everything seemed fine, we had it all under control. Those knots and kinks we went to bed with are forgotten in the morning. Until one day, someone touches us on the shoulder and we realize they have molded into one big rock!

If we continue to ignore this rock, it will grow into a boulder. This boulder, may not only diminish the performance level of this specific muscle, but may reduce the effectiveness of the entire body. Not to mention headaches, neck strain, as well as arm and hand strain.

HOW DID IT GET THERRE? Beginning as the simple contraction of a muscle, the muscle releases biochemicals in the muscle as a by-product of the muscular contraction. In the case of chronic low grade muscular contraction, such as sitting at a computer, driving in traffic, or even the act of holding our head up the muscle is continuously releasing these biochemical by-products into the muscle.

While the circulatory system is doing its best to cleanse and nourish the muscle during this low grade muscular contraction, in the absence of assistance, such as stretching and/or increased cardiovascular function, this biochemical by-product can thicken and stick the individual muscle fibers together, creating adhesions. A combination of muscular spasms and these adhesions are what make up this boulder.

HOW TO GET RID OF THEM! Massage and exercise combined, are the two physiological components necessary to release this boulder and restore muscular function.

Therapeutic massage can stretch and release the muscle fibers, which then allow the circulatory and immune systems to cleanse and nourish the muscle. Depending on the degree of muscular spasm and adhesions, many times relief will be obtained after just one massage session. Exercise, including cardiovascular and yoga, can then increase the circulatory and immune system functions to cleanse and nourish the muscle.

HOW DO I MAKE SURE IT DOESN'T COME BACK? Now that you have allowed your boulder shoulders to be therapeutically massaged, and you've added some exercise appropriate for your level of physical conditioning, you want to incorporate both of these activities into your regular personal health care. That means keeping in mind your time requirements and your financial requirements. Stressing time and money can also end up as added stress on your shoulders.

Just as it is more important to do a little bit regularly with exercise, it is same with therapeutic massage. It is better to receive a half hour massage once a month regularly, rather than waiting until there are boulders on your shoulders, again.