

The Massage Advantage

November 2009 ~ All About You

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CAMP BR AN³
Presented by *The Massage Advantage*

Incomes are down. Expenses are up. It costs nothing to be kind.

Analyze This

I ask 20 questions. When a client comes into my office for a therapeutic massage with a complaint, I'll ask a host of questions: "When do you feel it [the pain] the most? Is it random or chronic? Do you feel it during a specific activity or move? How long has it bothered you? What position you were in when you first noticed it? And so on. The questions are asked not because I'm nosy; rather, your answers will point me to certain muscle groups, individual muscles, or specific aspects of a muscle. That way the benefit of massage for you is maximized.

Without such questions, it's easy to miss the actual muscular issue causing your pain, tension, diminished functioning. Many people, and some Massage Therapists, attend only to the biggest or most obvious muscles. However, there are quite a few assisting and opposing muscles that can also cause problems. Just see the service motions of Venus, Mike, & Fernando, and notice how each move involves different primary and secondary (assisting) muscles.

For example if you feel pain on the top of the shoulder during the take back like in Mike's picture, the cause can be in the back of the shoulder blade where the Infraspinatus resides. This muscle, one of the rotator cuff group, does attach on the top of the shoulder where the pain is felt but is not the source of pain. Also note that this particular pain would not be during Venus' serve preparation because of the different positioning of her arm.

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Right side

Leg/Glutes: Gastrocnemius, Hamstrings, Piriformis, Gluteus Maximus

Arm/Shoulder: Hand Flexors, Biceps, Latissimus Dorsi, Teres Major, Subscapularis

Core: Quadratus Lumborum, Internal Obliques, Psoas

Neck: Sternocleidomastoid

Left side

Leg/Glutes: Tibialis Anterior, Quadriceps, Gluteus Medius & Minimus

Arm/Shoulder: Hand Flexors, Triceps, Infraspinatus, Posterior Deltoid, Teres Minor

Core: Quadratus Lumborum, External Obliques, Psoas

Neck: Scalenes



Right side

Leg/Glutes: Gastrocnemius, Soleus, Hamstrings, Piriformis, Gluteus Maximus

Arm/Shoulder: Hand Flexors, Wrist Extensors, Biceps, Infraspinatus, Posterior Deltoid, Teres Minor

Core: Quadratus Lumborum, Erectors, Internal Obliques, Psoas

Neck: Sternocleidomastoid, Extensors

Left side

Leg/Glutes: Gastrocnemius, Quadriceps, Gluteus Medius & Minimus

Arm/Shoulder: Hand Extensors, Triceps, Middle Deltoid, Supraspinatus

Core: Quadratus Lumborum, External Obliques, Psoas

Neck: Scalenes, Extensors



Right side

Leg/Glutes: Gastrocnemius, Soleus, Quadriceps, Gluteus Maximus

Arm/Shoulder: Latissimus Dorsi, Teres Major, Pectoralis Major

Core: Quadratus Lumborum, Internal Obliques, Psoas

Neck: Sternocleidomastoid

Left side

Leg/Glutes: Soleus, Quadriceps, Gluteus Maximus

Arm/Shoulder: Hand Flexors, Pronators, Latissimus Dorsi, Teres Major, Subscapularis, Pectoralis Major & Minor

Core: Quadratus Lumborum, External Obliques, Psoas, Rectus Abdominus

Neck: Scalenes

CAMP BR AN³

Presented by The Massage Advantage

Las Vegas Tennis Weekend

December 12, 09 ~ Las Vegas Hilton

December 13, 09 ~ Stirling Club

Fun &

Clinics Pro-Am

Amateur Challenge

Cardio Tennis



Bryan Bros Concert

Concert tickets included in most player & sponsorship packages.

Bryan Bros recently released CD now available at



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CB³ is open to players of all recreational levels and participation includes the Pro-Am Package, Clinic Package, and Junior Package.

Early Bird Registration through November 15th—Get your discount today!

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EVENT PROCEEDS BENEFIT USTA-NV JUNIOR & MULTICULTURAL TENNIS PROGRAMS.

Contact Glen or visit massageadvantagelv.com for more information.

Don't miss out on

Event of the Year!

Effective? 16 months and 0 sinus infections!



Contact Glen for a free sample.

Glen is the most knowledgeable and caring massage therapist I know. She is truly concerned with her clients well-being and she has kind hands. She is also very good at deep massage with those kind hands.

Jody

Glen is also working on bringing the game to others. As Chair of USTA-NV's Multicultural Committee, her mission is to promote and develop the growth of tennis through diversity.

The Committee has already begun implementing a comprehensive program to introduce the game to adults and juniors. Current Committee activities include a used equipment drive, free clinics, and round-robin play. Activities to come will involve local schools and diverse organizations. Stay tuned.

Community Partners and equipment (and clothing) are needed. For more information, please contact USTA-NV at 702-792-8384 or Glen @ 702-807-7349.

JACOB...One Year Later

Remember Jake McKnight? He's the latent tennis star I met while working at the Cincinnati Masters Series tournament last year (*Shameless*, Fall 2008). Shortly thereafter, his mother Shannon enrolled him in a tennis camp where Jake flourished.

I returned this year to work with the WTA and ATP players, and had the chance to hit with Jacob. His enthusiasm was impressive. He came to the court with his gear neatly packed in a junior suitcase. Prepared with his covered racket, balls, snacks, water, and towel, Jake volunteered that his backpack was too small for everything.

Jacob's preparation was surpassed only by his on-court energy. Excited, he sought to pummel the ball. His instinct is aggression—attack the ball and hit it hard. Impressive. This 6 year-old who hit his first tennis ball one year ago, was eager; his enjoyment evident. My enjoyment evident.



Watching him adjust his baseball swing to a tennis swing, watching him swing through the ball, and watching this young man throw himself into tennis was one of the most rewarding experiences of my tennis career. My love for the game was completely validated by Jacob's embrace of it. Impressive.

During our hit, the head pro watched Jacob and spoke with Shannon about their programs. I strongly urged her to get him into organized play to harness his obvious talent and passion. He has power and placement, and he responds well to just a bit of instruction. Yeah, he should play this game. He will excel!



Glen



**INTERMOUNTAIN
NEVADA**

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So my questions help me to determine the which muscles are involved in a particular movement to more effectively address the problem. Working on the appropriate muscle is followed by applying adequate technique to relieve the pain and tension, and enhance muscle function.

Positional variance of muscles applies to other activities like lifting groceries and pushing a vacuum as well. The tennis serve is only one example of how slight movements engage different muscles. So use this information to enhance the effectiveness of your next therapeutic massage. Position matters, so help your therapist analyze this.

glen



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Durango Commons Center

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Popcorn Girl takes great pride in our popcorn, fudge, & other products. With only the finest ingredients, our popcorn is popped throughout the day to insure freshness. We use only real cheeses and our caramel is made from scratch using Popcorn Girl's secret recipe.

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Full Circle

This time last year I had a great job and was part of a winning team. I was able to travel and was well paid. I was on high. Very different circumstances now. Today I find myself in the same city, same time of year, same restaurant, alone. Not lonely though, surprisingly. I've always been an independent spirit, a free-thinker with beliefs and ideas that don't conform nor confirm. So being alone isn't fearful. Yet I did imagine that being solo in the context that was so full of personal wealth for me would feel hollow.

It does not. As I sit here awaiting my spicy Thai seafood dish and sipping on a King's Knight, I feel full. Complete. This day was so rewarding, nothing seems amiss. It started slowly and ended with personal and professional fulfillment derived from doing the work I love and having it received with appreciation from a funny, friendly, and engaging group of players.

My high last year resulted from the success of my team and my contribution to it. Today's high was different yet equitable. I'm overwhelmed by the experience of gratitude that begins as a warm fuzzy and turns into a flash burn. A pleasurable hot flash, if you will. At this moment, I am grateful for all the positive and negative events in my life that have led me here. Both matter; the good and the bad. It's the duality of my experiences that closes the arc. I've circled back. And am full.

glen

TAKE A MOMENT TO RECONNECT WITH YOUR GRATITUDE THIS HOLIDAY SEASON.

S E R V I C E S

90 Minute Massage	\$90.00
60 Minute Massage	60.00
30 Minute Massage	40.00
Onsite Chair Massage	call for quote
Travel (Internationally)	call for quote
10-Pack	10% off
60-minute massages	540.00
90-minute massages	810.00
Gift Certificate – 1 1/2 Hour	90.00
Gift Certificate – 1 Hour	60.00
Kinesio® Tape	15.00
Massage Add-on	5.00



P R O D U C T S

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MonaVie	
Active Bottle	45.00
Active Case (4 bottles)	160.00
Let It Rip — Bryan Bros Band CD	5.00
Donation to G.Alex Foundation	
Returned Check Fee	30.00
No-show Fee	60.00



Prices subject to change. TMA has the right to refuse service to anyone.