

energy along the sen lines of the legs. These are similar to the nadis in yoga and the Chinese energy meridians.

Single Legs

A series of slow, powerful stretching movements are performed on one leg to stretch the hamstrings, to create mobility in the hips, elongate the muscles and improve mobility in the lower back and circulation throughout the body. This is repeated on the other leg.

Double Legs

The practitioner then uses more stretches on both legs together, again these focus on the back, hamstrings and hips.

Abdomen, Arms, Chest, Face

A relaxing abdominal massage is then carried out to improve the digestive system and stimulate the internal organs. The practitioner then works the energy lines of the arms, moving on to the chest, with maybe some shoulder stretches in this position. A soothing face massage may be performed in this position or at the end of the massage.

Side Position

The client will then turn onto their side and the practitioner may further open the shoulder and pelvic area with some more stretching movements. This is repeated on the other side.

Back

Techniques will then be performed with the client lying on their stomach, various stretches of the legs, stretches for opening the chest and palming and thumbing the energy lines of the back.

Sitting

The client is then placed into a sitting position which focuses mainly on the spine, neck, shoulders and posture. Thumb pressure is used on the head and around the sen lines of the shoulders and yoga stretches are used to improve the mobility of the shoulders, spine, upper and lower back. **CHW**

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Christine is the founder and director of the Sussex Thai Massage School in Brighton which was established in 1998. She was one of the first to introduce Thai massage to the UK in 1992 and has been practicing Thai massage for over 18 years and teaching Accredited Practitioner Courses since 1998. She is a UK qualified teacher having completed 7307 Stage II. Also qualified in Holistic Massage, Anatomy and Physiology and Reflexology. Christine also offers in-house training at spas, yoga and health centres for small groups. Courses can be booked online www.thaimassgeuk.com Please visit our website www.thaimassageuk.com or call (Brighton) 01273 562202 or e mail christine@thaimassageuk.com

Deep Oscillation®

therapist review

After reading the article on Deep Oscillation® in the last issue I had to call Physiopod regarding this therapy. My concern was that as a therapist with a 16-year history of chronic lower back pain, two spinal fusion operations, neck pain and chronic headaches, which I had been managing to keep under control with regular visits to a chiropractor and massage therapist for the past six years, my symptoms were becoming increasingly difficult to cope with as my business started to thrive.

I had reached the point of having to take regular painkillers just so I could cope with the manual aspects of being a therapist.

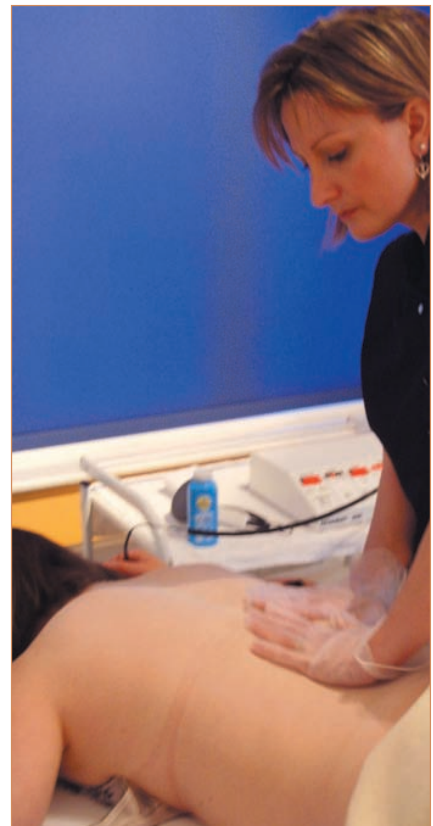
I met with Julie and received a back, neck and face massage. It was so relaxing! A very gentle buzzing and vibration was experienced, yet no pressure or discomfort. A real pleasure to receive, I could feel the difference as soon as I got off the couch. There was reduced tension and less pain throughout my whole back. It felt absolute bliss! If only I could have a massage like that every day!

I was able to give a treatment to Julie in return. It is a totally unique approach to massage. The hardest aspect to accept was that no pressure is needed. Just light, smooth, gliding motions over the skin. Imagine being able to do a massage without the physical strain! Oh, and being able to treat yourself in between clients with the applicator. Gone are the days of no pain no gain!

I took a Hivamat 200® machine home and treated myself every day for 20 minutes. After six days, my chiropractor adjusted me. He commented on the distinct lack of tension in my lower back and the increased mobility throughout. I looked and felt brighter.

I have introduced Deep Oscillation® to my clients and the response has been tremendous. Being able to offer this gentle therapy for such a wide variety of conditions that would otherwise be contra-indicated is a pleasure.

I have been in possession of the Hivamat 200® machine for two weeks now and the difference it has made to me is fantastic! I have noticed more mobility in the area that has been fused as the 12-year-old scar tissue is slowly breaking down. I have less pain throughout my whole back and neck and have not taken any painkillers since the day before I met with Julie. I can highly recommend the Hivamat 200®. There isn't a soul out there that would not benefit from Deep Oscillation® Therapy. **CHW**



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Following phenomenal demand from therapists, Physiopod UK are delighted to offer Deep Oscillation® 'Experience Days' see page 43 for more details. For more information, visit www.physiopod.co.uk or call 0115 916 7685