

HANDS ON

with

R&D

THERAPEUTICS

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INTRODUCTION

At R&D Therapeutics, we are committed to fostering a culture of holistic well-being and providing you with valuable insights, tips, and updates to support your journey toward optimal health.

In this newsletter, you'll discover a wealth of information tailored to enhance your understanding of the profound benefits of massage therapy and osteopathic care. From expert advice on self-care practices to the latest news and events happening within our clinic, we strive to empower you with the knowledge and resources you need to thrive physically, mentally, and emotionally.

We will dive into topics that resonate with our collective pursuit of wellness. Whether it's exploring the intricacies of osteopathic techniques, sharing testimonials from our valued clients, or unveiling the magic of our massages, our goal is to keep you inspired and informed every step of the way.

As a valued member of our community, your well-being is our top priority. We encourage you to actively engage with the content, ask questions, and share your own experiences with us. Together, we can create a vibrant and supportive environment where healing flourishes and lives are transformed.

Thank you for entrusting us with your health and for joining us on this enriching journey toward wholeness. We look forward to connecting with you through our monthly wellness newsletter and guiding you on your path to radiant health and vitality.

DISCOVER RECOVERY WITH:



Stephanie (Stef) Roberts
Owner & RMT

- 10 years of experience
- Former instructor at a massage therapy college
- Former student clinic manager at a massage therapy college
- Availability: Mon, Wed, Fri, Sat



Antonio (Nino) Patane
Registered Massage Therapist

- 5 years of experience
- Canadian National Sanshou Champion (12th at Worlds)
- Current instructor at a massage therapy college
- Availability: Thurs, Fri



Nouh Turki
Osteopathic Practitioner

- 4 years of experience
- 4 years of Physiotherapy in Tunisia
- Speaks Arabic, French, and English
- Availability: Tues, Thurs, Sat

BODY LOGIC

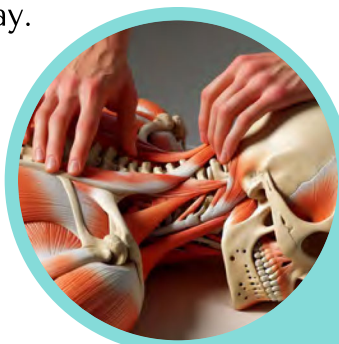
Head forward posture is a common problem that results from prolonged periods of sitting at a desk, often while using electronic devices such as computers, laptops, or smartphones. This posture is characterized by the head being pulled forward, causing the neck to flex excessively and the shoulders to round forward.

As individuals lean forward to focus on screens or paperwork, the weight of the head increases significantly, putting strain on the muscles, ligaments, and vertebrae of the neck and upper back. Over time, this can lead to a variety of neck pain, headaches, shoulder tension, and reduced mobility.

Head forward posture also alters the natural curvature of the spine, potentially leading to spinal misalignment and increased pressure on the spinal discs. In addition, it can contribute to imbalances in the muscles of the neck, chest, and upper back, further exacerbating postural problems.

Addressing head-forward posture requires a multi-faceted approach, including ergonomic adjustments to workstations, regular breaks to stretch and move, strengthening exercises for the neck and upper back muscles, and conscious awareness of posture throughout the day.

By taking proactive steps to improve posture and reduce prolonged periods of sedentary behavior, individuals can mitigate the negative effects of desk-related neck strain and promote long-term musculoskeletal health.



ANYWHERE SELF CARE:

If you yourself are noticing the tightness in your shoulders and neck you can do these things at home to help.

Stretch - sitting up straight on a chair, feet flat on the floor, hands holding the bottom of the chair, tilt your head to one side with your ear going down to your shoulder. Hold for 30 seconds and straighten before repeating on the other side. Repeat until you have stretched both sides 3 times.

Strengthen - While laying face up on a flat comfortable surface, think about flattening your low back into the surface, roll your shoulders back and tuck your chin in causing the "double chin" look. Hold this position for 5 seconds before releasing. repeat 3-5 times with 10 sec rest in-between.

Hot or Cold - Place heat on your neck and shoulders before stretching to help the muscles relax