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## Active Isolated Stretching:

### Empowerment through Flexibility

By Marjorie Brook, LMT, CIMI

Massage therapists are expected to alleviate stress, help with relaxation, and relieve pain caused by injuries, repetitive use and physical limitations. A therapist's success in doing so often leads clients to view their massage therapist as a "cure-all." Sooner or later, however, a massage therapist might be faced with questions from their clients such as: "Why does the pain keep coming back?" or "I feel better, but I am afraid to do anything that might start the pain again."

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## **Tips From the Field: Creating a Supply Kit**

By Ann Catlin, LMT, NCTMB, OTR

"What supplies should I take with me?" I've been asked this question a lot over the years by massage therapists anticipating work in eldercare or hospice settings. This situation is far different from having an office space with all your supplies conveniently available. Anyone who has ever offered massage at an offsite location can attest to this while lugging bags of supplies, not to mention a massage table, to the site.

While you won't need to lug a massage table around when working with people in nursing homes or in hospice care, you will need certain essential items to make it a success. So just what should you take?

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## **An Alternative Approach to Stretching**

By Whitney Lowe, LMT

Clinicians, athletes and rehabilitation specialists advocate stretching as a means for injury prevention and treatment. The primary purpose of any stretching technique is to enhance pliability and flexibility in the soft tissues. It is also routinely incorporated with massage in the treatment of pain and injury conditions. There are many different stretching techniques, which all fall into one of three primary categories: static, ballistic or active-assisted stretching.

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