

## Massage Self-Care Corner

# Resistance Is Key

By Sharon Puszko [www.daybreak-massage.com](http://www.daybreak-massage.com)

While not every massage therapist carries such a hectic schedule, life does seem to move at a faster pace with each passing year. As massage therapists, it's crucial to make time – even in the smallest increments – to care for ourselves. Massage therapy requires physical and mental agility, and it is our responsibility to our clients to keep our bodies and minds in prime condition. This requires a regular strengthening, stretching and balance wellness program.

I have found the use of resistance bands, exercise balls and stability trainers to be a great strengthening aid for everyday activities. These products are light-weight, durable and portable, making it very easy to incorporate a wellness program into any lifestyle.

My favorites are the resistance bands because they are low cost and very versatile. They improve strength, mobility and flexibility; I use mine between client appointments to stretch my upper body. I like the fact that resistance bands minimize pressure on the joints and decrease the chance I could injure myself. Spending just a few minutes each day gives me the ability to take a break and revitalize so I can continue to meet all my clients' needs.

### Tip for Using a Resistance Band

**Type:** Progressive-Resistance Bands

**Exercise:** Resistance Elbow Flexibility and Strengthen Biceps

**How To:** Stand holding resistance band in right hand with your right foot securing other end of band; this is for stretch resistance. Bend to right, and slowly bring your body to upright position. Pull the band upward,



bending elbows in. Bring your hand to shoulder height and hold for four seconds. Make sure to keep your trunk straight. Repeat this exercise 10 times. Repeat exercise sets on left side. Try to do three sets of 10 on each side.

**Plan:** Develop a mindset that when you have a few minutes to relax, pull out your band to stretch without thinking about it.

**Goals:** Set a goal and stick to it. This will improve your overall physical and mental abilities. 🙌

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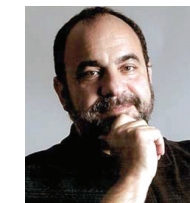
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