



Tranquility In Motion Newsletter

www.tranquilityinmotion.net
(mobile friendly)

June 2017 Issue

*Thank You
for your
Continued
Business!*

7988 W Marigold St

Suite 140

Boise, ID 83714

(208)960-0750



******Limit of 1 deal per person******

Buy 1, get one 50% OFF

30-minute Customized - \$55 total

60-minute Customized - \$97 total

90-minute Customized - \$142 total

120-minute Customized - \$187 total

- Appointments required and subject to availability
- My cancellation/re-scheduling policy of 24 hours applies; certificate subject to forfeiture
- Certificates expire 1 year after purchase

I've moved!

- Not far though...just across the hall actually. Suite 140. I'm hoping you'll enjoy this suite as much as I am. It does not have a wall connecting to the outside so you won't hear traffic from Marigold or Glenwood anymore.

Hip dysfunction/pain

Disclaimer: I'm not a doctor so I cannot diagnose or prescribe. Check with your doctor if you are seriously concerned about a medical issue.

I've had several clients come in with hip pain lately, and after a bit of research I've found that the Adductor Muscle Group can be to blame. To be honest – there can be several other muscles in the hips or back or legs or even the shoulders that could be causing the problem as well. The adductors just tend to get missed in stretching routines.

The Adductors are the muscles that are on the inside of your thighs. This You Tube video explains how Sacroiliac pain can be caused by a tight adductor magnus –

<https://youtu.be/XU9hJuFnSwE>

If you've ever visited the "Stretches" tab on my website, you'll know that I really like Brent Brookbrush's channel on You Tube. He gives a lot of information and is very clear with how to specifically target the "problem: muscle. Like this video for how to stretch out the Adductor Magnus –

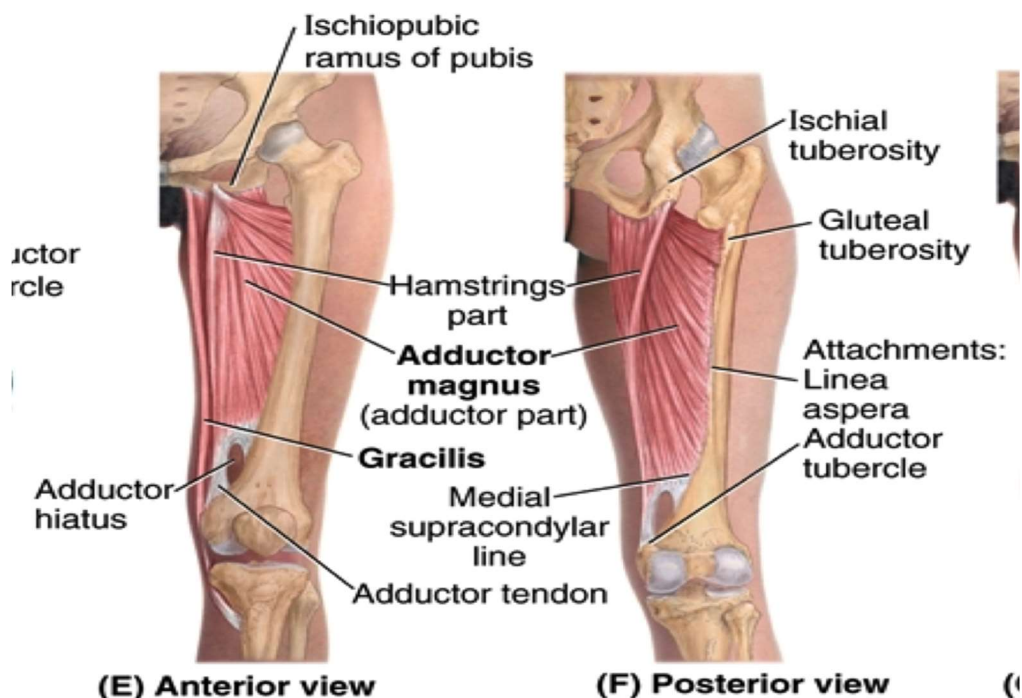
<https://youtu.be/zoZRViwgbwA>



Make sure to Check out my Facebook page for tips on staying loose in-between your Massages or special offers!

<https://www.facebook.com/tranquilityinmotion>

Even if you don't have Facebook, you can see my page/posts.



(E) Anterior view

(F) Posterior view

(1



**Happy
Birthday!!**

***All Clients
receive a
FREE 30-
minute
upgrade to a
massage of
their choosing
(get an hour
for the cost of
a half hour,
etc.) any day
within the
month of your
birthday.***

There really is so much information available on You Tube. When I go looking for stretches, I type in “static stretch for” the specific muscle. Static stretches help to lengthen the muscle back out to its “normal”. They are the most beneficial when you are already warmed up. For example, while you are in the shower or right after you get out or even after your workout. If you haven’t checked out that stretches tab, it’s a great place to get started.



Yoga is also a great way to get your muscles stretched out. I have a crazy schedule so very limited time available to do that. I’ve found some great morning yoga routines that are only 15-minutes on You Tube as well. With anything you are doing – if it hurts, then stop. If you have a serious medical issue, check with your doctor before beginning a new workout/stretch routine.

New Services Offered

Yoga / Facilitated Stretch Therapy

A physiotherapy modality that seeks to enhance neuromuscular function by activating proprioceptors through facilitation, inhibition, strengthening, and relaxation of selected muscle groups. ***This therapy allows for you to keep your clothes on so make sure to arrive to your session in clothes that allow for ease in movement***

30-minute session \$30

60-minute session \$60