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What Is Thai Massage? And Why You Might Want To Give It A Try.

by Meagan Coy

There are many different name variations on the type of bodywork known as Thai massage, such as: "Thai Yoga Massage" or "Thai Healing Massage". It doesn't matter what the practitioner wants to call it, all the names generally refer to the same style of traditional Thai massage. This is a modality of bodywork that has started becoming more and more popular in the West and can be found offered by licensed massage therapists in most larger towns and cities through both private practices and spa settings. There is good reason why Thai massage is becoming so popular, as it has proven to show benefits such as; relieving muscle spasms and pain, increasing flexibility and joint mobility, balancing and boosting energy and improving circulation in the body.

If you have ever traveled to Thailand, then you probably noticed Thai massage being offered almost anywhere, and maybe received one (or multiple) as well. Thai massage is considered a branch of Thailand's traditional medical system and is an integral part of self-care for Thai people in helping relieve ailments and keeping the body and mind healthy and balanced. Historically, Thai massage is believed to have been developed around 2,500 years ago by a man named Jivaka Komarabhacca, who was the Buddha's physician, and is still honored every day in Thailand by medical practitioners through prayer, chanting, and offerings. The art of Thai massage today has evolved throughout the years from a combination of influences from Indian, Chinese, and Southeastern Asian cultural traditions of medicine. You will find a considerable variation in Thai massage from region to region across Thailand, with no single routine or set framework that is universally accepted among healers. This keeps the possibilities open for the Thai massage therapist to treat each individual according to their needs.

What does a typical Thai massage session consist of, you might ask? For starters, there are no oils or lotions used, and the recipient wears comfortable clothing during the entire treatment and lies on a padded mat on the floor. Thai massage employs stretching, pulling, rocking



and compression techniques to the body to relieve tension and increase flexibility and range of motion. The therapist will use their hands, knees, legs and feet during a session to put you into a series of intentional and assisted yoga-like stretches combined with rhythmic pressure. Rotation movements are applied to the major joints of the body to keep them supple and healthy. There is also acupressure work involved and is given along designated lines called "sen" in the body, where there are a lot of major muscle attachments, nerves, and energetic blockages held.

All these applications combined creates a very holistic treatment for the receiver. The therapist gets to receive benefits as well by breathing intentionally and moving in a very mindful and fluid like way with their whole body during the session. Each Thai massage session can be adjusted and modified for all body types and abilities and can be done on a massage table if the floor isn't accessible.

Some reasons why someone might want to consider trying Thai massage are: If you are looking for a treatment different from the traditional Swedish or deep tissue table massage, are feeling particularly sore and stiff from exercise or arthritis, are wanting to reduce stress or chronic pain, or are wanting a bodywork treatment that approaches the body from both a spiritual and physical perspective that benefits both the therapist and the receiver. If any of these reasons sound true to you, then Thai

massage may just be what you are looking for!

Meagan Coy is a Licensed Massage Therapist and Registered Yoga Teacher and is the owner of M.C.'s Healing Arts in Moab. She has trained and studied both in the

U.S. and in Thailand and offers Thai massage, along with other types of modalities at her practice. She also teaches public Yoga classes through the Moab Yoga Studio. You can contact her through www.mcmassagetherapy.com or call: 563-528-2908. And be sure to mention you read about it in the Moab Happenings.



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Seeing a Urologist 101: Trust Us, it's important!

When should you see a urologist?

A urologist can treat all things pertaining to your bladder and urination. Blood in urine, pain during urination, poor bladder control, overactive bladder, and incontinence are all symptoms of concern.

Men in particular need to pay attention to prostate cancer statistics. According to the American Cancer Society, About 1 in 9 men will be diagnosed with prostate cancer in his lifetime. You should see a urologist if you have prostate cancer in your family, if you have an enlarged prostate, or if you have an elevated level of Prostate Specific Antigen (PSA).

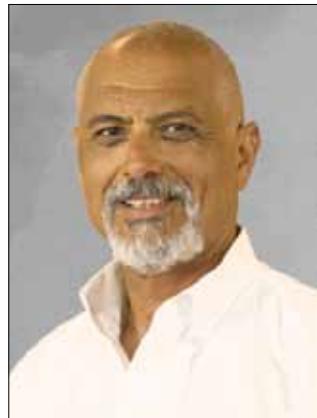
In addition, a urologist can also treat erectile dysfunction and other sexual problems.

Urologists also specialize in diseases involving the kidneys and can treat for kidney stones.

What can you expect at an appointment?

The urologist will have notes from your referring primary care provider and will go more in depth about your medical history and do a physical exam. Urologists often order tests such as imaging tests, CT scans, MRI scans, or ultrasounds. All of these tests are available at Moab Regional Hospital.

The urologist may also order urine tests, or biopsies to test for cancer, or they may utilize a cystoscope. A cystoscope is a very thin probe with a camera on the end to



see inside the urethra and urinary tract.

Common procedures and treatments

Urologists can prescribe antibiotics for infections, hormone treatments, medications for erectile dysfunction, drugs to alleviate urinary incontinence, as well as chemotherapy drugs.

Surgical procedures can range from open surgery, to laparoscopic and minimally invasive, to laser therapy. Vasectomies are a common surgery performed by urologists.

Ladies too

Urologists see women for a number of reasons. One of the most common reasons women see urologists are urinary tract infections (UTI's). UTI's happen when bacteria migrate into the urethra and cause abdominal pain, pain during urination, frequent urination, nausea and vomiting, chills, and fevers. The age old trick for UTI's is to drink cranberry juice, but in doing that, you may be trying to put a Band-Aid solution on a larger issue. If you are experiencing frequent UTI's, it may be time to seek out treatment from a urologist.

Local options

Moab Regional Hospital hosts Dr. Amir Beshai every month from Urological Associates of Western Colorado in Grand Junction, CO. Dr. Beshai will also perform surgeries at the Moab Regional Hospital facility. To see a urologist, you must be referred by a primary care provider. To make an appointment with a family practice physician to discuss a referral, call (435) 719-5500.



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