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# South Sound Pain Relief Clinic E-News

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Welcome to the SSPRC E-news and Happy New Year! E-news is an opportunity to keep you updated about clinic-related news, important healthcare updates, and provide you with the opportunity to read about the various treatments we offer. So as not to overload you with information, each edition will discuss on a few select issues, with links for further reading if you wish. If you have any specific questions, don't hesitate to give us a call!

## The Doctor's Corner

### Want Your Back Pain to Get Better?

#### Fundamentals of Back Pain Treatment

There are two basic aspects to healing from most uncomplicated back pain conditions. These are loosening and balancing muscular and fascial compensations, followed by strengthening the muscles and maintaining them with a good home exercise regimen...



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### Treating Carpal Tunnel Syndrome

#### Graston Technique and Carpal Tunnel Syndrome

Graston Technique (GT) is an extremely effective form of instrument-assisted soft tissue manipulation used for a variety of acute and chronic musculoskeletal conditions. The GT steel instruments break-up restrictions, adhesions, and scar tissue in the muscles and connective tissue to restore normal tissue tone and mobility.



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## Massage Therapy Corner

### Clinical vs Relaxation Massage

Most people think of massage in terms of a feel good, relaxation therapy that is more of a "treat" than a



clinically useful therapy. Clinical or injury treatment massage however is a viable treatment option to help deal with many acute and chronic conditions. While we can provide relaxation massage for those seeking that kind of treatment, the majority of the massage provided at our clinic is directed at fixing a specific condition that a patient may be suffering from. Yarrow, Laura, and Tim are all highly trained in a large variety of injury treatment massage techniques. So the next time you are hurting-neck pain, lowback pain, headaches, shoulder pain, etc., think of coming in for a massage. You'll leave feeling better!

Read more about our [therapists](#) and our [services](#).

If you would like more information about the clinic, please visit our website at [www.southsoundprc.com](http://www.southsoundprc.com) If you have specific questions, please feel free to send us an e-mail at [southsoundprc@hotmail.com](mailto:southsoundprc@hotmail.com)

**Sincerely,**

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