

Help! I Need Some Body

By Lou Lombardo, LMT, NCTMB

Columnist wonders, were the Beatles experts in anatomy?

I am a member of the first wave of Baby Boomers (I know it's hard for you to believe) and there were two events that occurred within 3 months of each other that had a tremendous impact on our lives.

As young, impressionable teenagers, we remember exactly where we were when each of these events took place in history.

I was in Mrs. Krueger's Latin III class on November 22, 1963 when the announcement came over the loud speaker around 11:30 in the morning that President Kennedy had been shot.

We all were in a state of shock and optimistically hoped that he was only wounded. It wasn't until we went home to our black & white TV's that we found out from Walter Cronkite that he was assassinated- just over 1000 days into his term as president.

The other event took place three months later and seemed to pull us out of the depression left by Kennedy's death. At the time it didn't seem as historically significant, but it had an equal impact on our lives

I was at Brian Whalen's house on Windsor Street in Jamestown when old stone face himself, Ed Sullivan, introduced the Fab Four from Liverpool, England to Americans all over the country.

I got to thinking about all the songs they sang for us in the five years they were together and I couldn't help but see a pattern woven in their records. And it seemed to fit the topic of this column- health & wellness.

So, ladies and gentlemen, right here on our stage- or newspaper, **THE BEAT-ULS**

I Want To Hold Your Hand...

...and while I am holding it I see that you have some arthritis in your joints.

There are two common types of arthritis- osteoarthritis and rheumatoid arthritis.

The former is a condition in which the synovial (freely moveable) joints are irritated and inflamed. The cause is the wearing down of the cartilage after years of use and repetitive injury.

Rheumatoid arthritis is a disease in which the synovial membranes of the joints are attacked by immune system agents. It can also affect muscles, tendons and blood vessels.

I Saw Her Standing There...

... and boy was her posture terrible! She was slouched over with a condition known as forward or slumped shoulders. This is caused by the constant flexing of certain muscles as we work at the computer, drive our car or when we are just not aware of our posture.

The flexed muscles that become tight are the pectorals and subclavii in our chests, the biceps & deltoids in our arms and one the four muscles of our shoulder that make up our rotator cuff: the subscapularis..

In their flexed state, they over power and over stretch the rhomboids that connect our scapula (shoulder blades) to our spine. Thus, our shoulders become rounded forward.

When the tight muscles are released and stretched and the over-stretched ones are strengthened the shoulders will return their rightful position. They can remain in that position by subsequent stretching and strengthening.

Your Mother Should Know...

...that, when you were growing up, if you didn't drink your milk, which is rich in calcium, you could develop osteoporosis". Osteo means bones and "porosis" means porous or soft. This is a disease that causes bones to become thinner

Bone is a living tissue, harder than other tissues like the ones that make up the heart, lungs, skin or muscles. Bones are always changing. Our bodies keep them strong and healthy by replacing old bone with new bone.

Calcium helps maintain strong bones. The time to build up calcium reserves is in youth and early adulthood. When calcium is pulled off the bone faster than it is replaced, the bones become weaker and softer- thus causing the osteoporosis.

We Can Work It Out...

... especially that painful "trigger point (knot) in your back. Trigger points are highly irritable and tender spots on tight, stretched muscles. They can be described as nodules, knots or small lumps.

They are often confused with "tender points" because both cause pain. The difference is that trigger points, under pressure, defer or send pain to another location. Tender points cause local pain.

Both can be “worked out” by using specific therapeutic massage methods.

A Fool On The Hill...

...well, let's just keep the discussion of members of congress out of this column.

So there you have it folks. I know I left out many analogies related to *I'm a Loser, She Loves You. Please Please Me, Twist and Shout* and many more.

The only question in my mind to my family and readers is, will you still need me, will you still feed me *When I'm Sixty Four?*

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