



"Deep Thoughts" about our Deep Muscle Stimulator...

By Susan Epperly, B.A., L.M.T.I., C.M.T.

Many of you are already familiar with our DMS unit, which some of you affectionately refer to as "The Jackhammer."

But even though many of you know & love the effects that we are able to achieve with the DMS, you may find yourself at a loss when trying to describe it and the way it works to others. So we thought we might try to help you better explain to those colleagues around the water cooler "The Jackhammer" that your Massage Therapist uses on you...

Deep Muscle Stimulation Massage consists of a very intense vibrational massage administered via our state of the art "Deep Muscle Stimulator" (DMS) Massage Unit, which is an electrical massage tool and an FDA-approved medical device.

Clients may remain fully clothed for these sessions, as the vibration need not be applied directly to the skin.

The DMS provides deep muscle tissue with kinetic forms of percussion and concussion vibration. DMS Massage is extremely effective in targeting and dissolving adhesions and trigger points and relieving pain relatively quickly and comfortably. DMS Massage is most frequently focused on one or more trouble spots.

Ample amounts of water must be consumed following a Deep Muscle Stimulation Massage session in order to facilitate the removal of the significant metabolic waste products that the dissolved trigger points release into the blood stream. Otherwise, light-headedness and even nausea may result. (Refer to the first two installments of our "Knead" Some Answers?" series for more information regarding post-massage hydration).

We never charge extra for the use of our DMS unit. If we deem it's use to be appropriate, it will be incorporated into your session as a complimentary amenity.

We hope that this information may help some of you convince your friends and family that your Massage Therapist isn't actually using construction equipment on you.

View our archived newsletters by visiting the "Newsletters" page of our website, www.tigerlilystudios.com.

And to learn even more about the DMS and its benefits, visit the "DMS" page under

to incorporate the DMS into their practices, we are authorized distributors of the DMS unit. Visit the "DMS" page under "Products" at tigerlilystudios.com to learn more.

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