



"Home Remedies, Part One: Tennis Balls"

This is from the ninth installment in a continuing series that aims to answer some frequently asked massage related questions.

Q: I really need a massage, but my budget and / or schedule prevent me from doing so right now. Are there some "home remedies" for muscular aches & pains that I can try until I am able to see my Massage Therapist?

A: We understand that sometimes it's not possible to see your Massage Therapist as soon as you'd like. Whether because of budgetary constraints, a hectic schedule, or a busy travel itinerary, there are times when you have to put off having a professional massage. As professional Massage Therapists, it's no surprise that we believe that there is no real substitute for a professional therapeutic massage.

However, we also believe in empowering our clients by providing them with a variety of tools & tricks to help them relieve their own pain in between their massage sessions.

Here is one of our favorite quick, affordable, and effective "coping mechanisms..."

Tennis Balls: Tennis balls, kept in the freezer, can be great self massage tools. When you are experiencing pain in your shoulders and / or back, you can take a tennis ball out of the freezer, lie on the floor, and roll the tennis ball(s) around under the weight of your body.

This is particularly effective for pain between the scapula (shoulder blade) and the spine. Roll around until you feel as though you've found a particularly sensitive spot (a trigger point), and allow the cold and pressure to penetrate that area. The cold will help bring circulation to the site, and potentially provide somewhat of an analgesic effect. The pressure will help dissolve the trigger point, much the same way our hands and / or DMS unit do during your massage therapy sessions.

You can use the tennis balls individually, or you may want to place one in the bottom of a tube sock, tie a knot above it, place another tennis ball in the sock, and tie another knot above that ball. This will allow you to keep the tennis balls evenly spaced on either side of your spine while you roll them up & down your back.

Throwing a couple of tennis balls into your suitcase when you pack for your next vacation or business trip just might help you relieve those hotel bed-induced back aches!

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