



"Home Remedies, Part Two: Theracane"

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..."

Theracane: The Theracane is a self massage tool that you can keep at home or work and use to work on trigger points all over your body.

It looks somewhat like a hard plastic walking cane with a larger curve. There are knobs at the ends of the cane, and some knobbed appendages that protrude perpendicularly from the cane. You can use the leverage that the cane provides to put pressure on the trigger points in your shoulders, back, feet, and other body parts. As with the tennis balls, the pressure will help dissolve the trigger points that you target.

The Theracane is available through online massage supply retailers such as TriggerPointProducts.com.

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