



"Home Remedies, Part Three: Ice Packs"

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..."

Ice Packs: While it may seem more appealing to apply heat to a sore muscle, applying cold is usually a more beneficial approach.

A trigger point is a site of high metabolic activity, but low circulation. This means that a lot of metabolic waste is being produced there, but there is insufficient circulation to flush that metabolic waste out of the area.

Applying heat to the area for a long period of time (for example, falling asleep with a heating pad on the area), actually replicates these same undesirable conditions.

Applying, cold, on the other hand, helps to flush the area with fresh circulation, which will help carry the metabolic waste away. Applying cold can also provide somewhat of an analgesic effect and reduce swelling in the area, both of which can be helpful when dealing with sore muscles.

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