



"Home Remedies, Part Seven: Exercises & Stretches"

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..."

Exercises & Stretches: Everyone's needs are unique, and there is no one "sure fire" exercise that will always benefit everyone.

However, we try to provide our clients with customized exercises and stretches that will help address their own unique needs.

When you leave our clinic, we want you to have tools in hand that you can use to reinforce the bodywork that you have received during your session. Our hope is that these tools may help you relieve and / or prevent your own specific pain complaints.

At your next massage appointment, please ask us about some customized exercises & stretches that you can do at home; we'll be happy to help!

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