



Show SORE the DOOR.

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

Q: "Sometimes after I've had a really deep massage, I feel sore. What can I do about this?"

A: If you feel soreness where trigger points have been worked out and "dissolved" during your massage, applying an ice pack may provide you with some relief.

Make sure to avoid placing any ice pack directly on your skin - always buffer the ice pack with a towel. Do not leave the ice pack on the site for more than about 10 minutes. Remove the ice pack immediately if the area begins to feel painful or numb.

You may also find it helpful to alternate the application of an ice pack with the application of a heating pad (apply the cold for 5-10 minutes, and then the heat for 5-10 minutes, for 2 to 3 cycles).

Do not leave the heating pad on the site for more than about 10 minutes. Leaving the heating pad on the site for a longer period of time will actually replicate the undesirable conditions that the trigger point itself had originally created (high metabolic activity, but low circulation). As with the ice pack, make sure to avoid placing the heating pad directly on your skin - always buffer the heat with a towel, or a fabric heating pad cover.

Drinking ample amounts of water can also be helpful in combating post-massage soreness. Refer to last month's installment of "'Knead Some Answers?'" for more information on the importance of proper post-massage hydration.

Hopefully the discomfort of any short-term post-massage soreness that you may experience will be outweighed by the longer term pain relief and other benefits provided by your massage session. Just think, "Hurts So Good."

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

Copyright 2009, Susan Epperly, B.A., L.M.T.I., C.M.T.
www.tigerlilystudios.com