

# Tired of quick fixes for muscle pain? We can help!

PHYSIOTHERAPY  
MASSAGE  
FITNESS  
738-8299



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Hello everyone! I just wanted to introduce myself! I'm the new Massage Therapist at the Human Performance Centre! My hours are from as early as 7am to 12pm! I have an important question for all of you! Are you tired of those aches and muscle pains that keep coming back? Ingesting medication may temporarily subside the pain but it is not truly reducing or managing the problem. Massage can affect pain in many different ways from stopping the painful nerve firing to breaking the pain cycle and eliminate the main source of the pain by increasing circulation. However massage is not the sole answer. Massage is the foundation and what maintains the muscles to fire correctly. What you do at home is where the bulk of the healing roots from.



*Miranda Foster, Registered Massage Therapist*

*If you have any questions or concerns for Miranda, please contact her directly at [miranda.foster@humanperformancecentre.ca](mailto:miranda.foster@humanperformancecentre.ca).*

There are many forms of at-home care that work in conjunction with massage therapy to help keep those pesky "knots" at bay, starting with **Hydrotherapy!** Hydrotherapy uses water in its solid, liquid or gaseous form, for its therapeutic effects. If you are experiencing inflammation, you would use ice or a cold compress. However if you are experiencing chronic pain, you would benefit most with applying deep moist heat. Those who wish to increase circulation and to boost metabolism, you would perform a contrast foot bath.

A key tool to healing in conjunction with massage is stretching. Before performing any stretch, please remember to always use hot hydrotherapy to cause the tissue to be as flexible as possible whether it's performed at home or during treatment. Also remember to

perform every stretch gradually, gently and in a supportive manner. Do not stretch if you have been in a recent accident within two weeks to avoid re-injury.

There are three different forms of stretching. First is *Active Inhibition Techniques* which is when the target muscle is relaxed with heat and the therapist or client will lengthen the inhibited muscle tissue. Second is *passive stretching* which is performed while the client has previously relaxed the muscle tissue that is to be stretched. This is performed within the client's comfortable range. Lastly, *self stretching* which is comparable to inhibition technique however you must hold for 30 seconds in a comfortable range, come back to neutral and then come back into a new comfortable range. This may be

performed three times twice a day depending on clients needs.

The third form of at home care is to create a balance between the strength of the antagonist and agonist muscles. This decreases the risk of the reoccurrence of muscle pain and injury. These exercises will be discussed and a treatment plan will be given to you by your therapist! Please do not perform at home care without consulting a professional!

Please keep in mind to always attempt your best at performing your exercises regularly at home. When stretching and strengthening please make sure to have proper posture. After every massage, drink plenty of water and take a hot/warm epsom salt bath for 15 minutes to fully detoxify and reduce muscle soreness.



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