

Can a Massage Make You Sore?

Later, after a wonderful massage, you feel like you're coming down with something. The next morning, you wake up with muscle soreness, tenderness, fatigue, and you just don't feel yourself. What happened? Chances are it's the massage, and it's perfectly OK.

Massage is like doing a workout. If the muscles aren't used to it, some soreness results, lasting a day or two. Like exercise, when your body adjusts to this type of workout, your physical response will be less intense.

Therapeutic massage is more than an ordinary backrub. It is a stronger, deeper treatment. It releases spasms, works joints and ligaments, stretches muscles, and pushes blood into them.

Massage also stimulates the lymph system to help eliminate toxins. If you have a high level of environmental or dietary toxins, you could feel some mild, flu-like symptoms or feel a bit nauseous. In this case, make sure to drink water and take a slow walk, to assist your lymph response.

Another cause for soreness afterward, is neurological sensitivity. Massage provides significant input to the nervous system. Pain may be the result of a system receiving more information than it can handle at that particular time. Sometimes we are overloaded, other times not. It depends on the total stress (emotional, spiritual and physical) experienced at that moment.

Minimize uncomfortable side effects, by communicating with your therapist regarding your expectations, and state of health. They will tailor the massage to your personal needs, adjusting intensity or technique as the session proceeds. A shorter, different, or more soothing session may be more appropriate. This is judged by how the person is feeling and responding during the massage.

Massage is like exercise, and if you wake up the next morning a little sore, it's probably because you had a great therapeutic massage. Like regular exercise, you will experience less soreness the next time.

Julie Melchiorre