



WHY MASSAGE IS NO LONGER A LUXURY

Q&A with Jessica Paszkowski –Remedial Massage Therapist at Bondi Junction >> [View profile](#)

Q: What makes a good massage therapist?

A: One who can find those spots on your body that are sore and massage them away to give you renewed energy, balance and pain relief, if necessary. They should have a strong firm technique, and a good knowledge of your anatomy and physiology.

Q: Does it have to hurt to be effective?



A: This depends on what the client's needs are. If it is to relax, then no. However, if the massage is to relieve muscle aches and pains, then yes. There is a difference between good pain (relieving) and bad pain, which can be harmful. A massage therapist should adjust their pressure according to your pain tolerance. If they are going too firm or not firm enough be sure to speak up, they won't be offended, if they

don't adjust to your needs then find a new therapist. Everyone has different pain levels. By no means should the therapist be going as hard as they can, this can cause tissue damage and make things much worse.

Q: Is it normal to be sore after a massage?

A: It is normal to experience mild soreness the same day or the day after a massage. I like to explain it as feeling like you worked out the day before. We do breakdown scar tissue that builds up from overuse and lack of stretching which is usually resulting in minor soreness. Some people don't experience soreness at all, while others feel it more often than not. You should be able to do your regular activities after receiving a massage. If you can't move the day after a massage this is not normal and you should contact your therapist/doctor for further instructions.

Always tell your therapist if you are on any medications. For example if you are taking blood thinners, patients can bruise easily and lighter pressure is to be used. Or if you are on pain medications you may not feel that the pressure is too much at the time, this can cause soft tissue damage if the therapist goes too deep.

Q: Should massage be as a luxury or one of life's essentials?

A: Massage is no longer a luxury. It's an essential part of a healthy lifestyle. With increased stress and work hours, a regular massage is vital for improving health and wellbeing. Research shows that massage dramatically decreases cortisol level, therefore reducing anxiety and stress.

Q: Are toxins really released after a good massage?

A: Yes. This is the desired effect of a good deep tissue therapist. All the toxins and chemicals floating in our bodies need to come out. With the increase in circulation during a massage we are able to assist the body in their release. Better out than in.

Note: This is why you feel like your sinuses are stuffed up during a good massage. Drinking water helps further with getting rid of toxins post massage.

Q: Can a bad massage do you damage?

A: Yes. You should always see a qualified massage therapist. Always ask to see your therapist's qualifications before letting them touch your body. Their qualifications are usually posted in the office.

Q: What's the most common complaint people come with?

A: Most people have back or neck pain from sitting at a computer all day. Headaches, lower back pain, stiff necks and RSI (repetitive strain injuries) are complaints.

Want to know more? You can ask Jessica a question on message at: bondimassage@physiofitness.com.au



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