



EDUCATIONAL CONTENT POWERED BY EPT RECOVERY

Alternatives to Massage

(Devices excluding EMS)

Not everyone enjoys the physical touch of a massage or may not be in the position to receive regular massage treatments. These individuals do still require the effects and benefits of massage, therefore alternatives are often recommended. These alternatives typically consist of a form of self-massage or muscle release.

These techniques can also be recommended to individuals who receive regular massages as a form of maintenance between massage treatments. The aim here is to maintain the relaxed state that a muscle goes into after a massage.

There are numerous products on the market aimed at muscle release, with the three most common ones being foam rollers, myofascial balls and massage guns.

Foam rollers come in varying shapes and sizes, some are smooth, and others contain textured surfaces or bumps to provide pinpoint pressure to certain areas of the muscle. Generally, foam rollers aim at large surface areas and reducing muscle tension in these areas. They are very effective on the legs, as the long muscular structure allows the individual to roll back and forth while pausing on sensitive areas.

Myofascial balls, as with foam rollers, come in varying shapes and sizes. Again, some are smooth, others are textured. Myofascial balls aim at smaller, intricate areas. They are effective on the shoulders and the underside of the feet as the smaller shape of the ball allows the individual to avoid bony structures.

For both foam rolling and myofascial ball, the individual controls the amount of pressure by supporting their own body weight, less support means greater pressure which leads to a deeper release.

Massage guns aim at providing a percussive, relaxing sensation to the muscle. Most devices have interchangeable heads to provide varying degrees of surface area in contact with the muscle, as well as different foam densities to work on different areas of the body. These devices tend to have various speed settings that control the number of strokes per seconds of the head piece. The combination of interchangeable heads and pressure applied by the individual determines the depth of the massage provided by the device.

EPT Recovery's 'go-to' device brand is Compex, which provides user-friendly products aimed at enabling the individuals to take their recovery into their own hands. Their forms of the above-mentioned products include: Compex Fixx Massage Gun, Compex Ion Vibrating Foam Roller and Compex Molecule Vibrating Myofascial Ball.

Visit the EPT shop for further details on these devices > <https://eptrecovery.com/shop>

For more information on the above article or to speak to an EPT representative, kindly contact > admin@eptrecovery.com