

# **Gua Sha**

## **as Performed in the Treatment of Muscle Adhesions**

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**You should not attempt this treatment for muscle adhesions without the advice of a healthcare provider.**

Gua Sha is contraindicated over the following conditions: broken skin/wounds, sunburns, bruises, skin disruptions that might bleed such as boils/pimples, skin tags, and certain birthmarks; unexplained lesions on the skin, infection, bleeding disorders, anticoagulant medications, recent fracture, recent surgery, varicose veins/phlebitis, pregnancy, and patients that are very weak or inflamed.

### **What you need:**

- **Skin lubricant** — thicker oil such as peanut oil, olive oil, coconut oil, oily lotion, Vicks or Vaseline.
- **Instrument** — the Massage Star, Asian ceramic soup spoon, smooth coin, rounded edge of metal lid, blunt end of butter knife, or any smooth rounded edge.

### **How to Gua Sha for Muscle Adhesions**

- **Apply oil** over area of muscle adhesions indicated by pain, lack of mobility, lack of free motion of the skin, and/or a thickened tight feeling in the area.
- **Stroke downward** in quick, short (5 inch or 11 cm) strokes at a comfortable but firm level of pressure. Don't exceed 5/10 on a 0-10 pain scale. (You can experiment with other directions.)
- **Repeat 10 - 30 times.** Stroke more in areas where you feel "grittiness" under the instrument. Stroke until Sha (the raised red skin rash) appears fully. In areas where you do not get any Sha, try to get rid of the gritty feeling, but do not exceed 30 repetitions, as this will create increased post treatment soreness and bruising.

### **After Treatment for Muscle Adhesions**

- Keep the treated area covered and warm for 24 hours.
- Drink plenty of water before and after treatment.
- Avoid sudden temperature changes, wind, and heavy exercise.
- Observe the Sha - it should fade in 2-4 days, though it can take up to a week.
- Bruising sometimes develops as well, but should resolve in a little over a week.
- If the Sha is any color beside red to purple, consult a qualified practitioner of Gua Sha as other colors may indicate the presence of more serious problems.
- Wait about a week, or until the Sha has disappeared before repeating the procedure.
- You should get some relief in symptoms in 4 treatments, with maximum relief in 4-12 sessions.

### **What else can you do for muscle pain?**

Gua Sha is great at breaking up muscle adhesions, but does not necessarily eliminate the trigger points, which create a tremendous amount of muscle pain. For ways to treat trigger points, and other tips on muscle pain, visit the rest of [MusclePainSolutions.com](http://MusclePainSolutions.com).