

Hot Rocks Anyone?

Centennial —Recently, Cheryl began using hot rocks as part of her neuromuscular protocol in treating our patients. Cheryl says that “hydrostone therapy (or hot stone massage) is useful for conditions that involve inflammation, muscle spasms and contracted muscles that are tight and/or tender. As the recipient of this type of massage, you will experience a deeper relaxation, increased relief and pliability of stressed muscles and improved detoxification.”

The type of stones used are known as Basalt river stones. The stones can be black, red, grey, purple or green in color. They have been tumbled smooth by river beds by nature. Hot stone massage used as a therapeutic aid can be used by anyone as



long as they do not have heart disease or cardiovascular problems, peripheral vascular disease, severe diabetes, acute or chronic asthma or pregnancy (but can be used in isolated problem areas.)

The patients who have received their massage with the stones incorporated would tell you that the deep heat helps those tight muscle bundles to relax more easily without the need for as much finger pressure from the therapist.



Neuromuscular massage is available Mon-Friday during normal business hours in 15 minute increments. A gift certificate for a massage is a great gift for the person who “has everything.” You will receive a glossy, printed color certificate to present them with when you purchase a gift certificate. People who have insurance benefits often times can receive up to 45 minutes of neuromuscular therapeutic massage on their visits. Ask Dr. Erica to verify if your benefits will cover this service if you are not already receiving it.

**Yours in Health,
Dr. Erica**