

Information Sheet

Muscular tension

Muscle tension can develop from overuse of certain muscle groups. It is very common among office workers who can spend around 8 hours a day at a desk using their postural muscles continuously. There are things you can do to limit this stillness but often the job takes over and the work needs to be done. If this is the case regular soft tissue massage can be enough to release and prevent pain and stiffness in these muscles.

NB. This information does not replace a medical diagnosis but is intended as a guide. Always seek professional advice before beginning a program of self-help.



Self-help

- Rest from the activity causing the problem as much as possible
- Stretch daily and whenever possible during breaks in the day
- Stay hydrated by drinking plenty of water and avoiding too much tea and coffee
- Move as much as you can, take regular breaks and try to get outdoors during your lunch break. At the very least, move away from your desk and change posture.
- Maintain good posture throughout the day
- Exercise regularly to keep you circulation and musculoskeletal system as strong as possible
- Control stress on a daily basis
- Ensure a good sleep pattern
- Have regular massage to release the tension. A good massage therapist will help you find your optimum time between treatments which can be anything from weekly to bi-monthly.
- Ice the painful area to reduce the inflammation after use, apply for 20 minutes every 2 hours when necessary
- Use heat to soothe the area and stimulate the circulation to ease stiffness
- Dont ignore signs of stress or tension in the muscles, there are often lots of things you can do to help the situation

*Please note, this is intended as a guide to how you can help improve the symptoms of muscular tension at home. Should you require any further or more specific advice, please do not hesitate to contact me.