

GUA SHA

Here is some information about Gua Sha for you.

Gua Sha

Gua means to scrape Sha means redness

Gua sha works by releasing and breaking up scar tissue and adhesions which can cause dysfunctional tissue and pain and/or limited range of motion

The Chinese have been doing this for thousands of years

Graston technique has been made popular by the chiropractic association which is well known but really is pretty much doing gua sha

You can feel the adhesions and dysfunctional tissue more easily when you are doing gua sha as opposed to feeling with your hands and fingers

This is a great treatment technique and also helps save your hands as a practitioner.

What is gua sha good for?

This technique is good for both acute and chronic conditions Treat people with an acute injury after the first 48 hours.

The Chinese use gua sha not only for pain but also systemic conditions and even beauty treatments. They even use it to remain healthy

How to do gua sha

You can use specific tools that you can buy online(buffalo horn, jade, stainless steel) or a rounded lid, coin or chinese soup spoon

You want to do the strokes about 4-6 inches each Use a lubricant on the skin

The first strokes you want to explore the area and feel for the adhesions/dysfunctional tissue if you can(you will feel the bumps) along the muscle

When you feel the tissue that is bumpy, you then do extra work on that area in each

direction and try to feel the direction that is the bumpiest(most restricted). Then work that more.

Only work until it is a pinkish color, not deep red.

Contraindications to Gua Sha

An acute injury

Bruises

Abrasions

Sunburn

Rash

Broken Skin

Not Over Pimples Or Moles(use finger to cover)

Abdomen of a pregnant woman

Varicose veins

Deep vein Thrombosis

Safety/hygiene(for practitioners)

To avoid cross contamination you can buy disposable lids or wash them in hot soapy water and a hospital grade disinfectant

How often do we treat?

A session can be about 3-10 minutes on a specific area. You can treat someone about twice a week. You treat them after the redness or soreness has gone(if there was any)

You should be able to resolve a problem within 6-8 treatments. If you haven't helped them within 12 treatments it probably isn't the treatment for that condition.