

# Deep Tissue Massage

**Deep Tissue Massage** is a much more focused type of Therapeutic Massage.

Although some of the strokes are similar to Swedish Relaxation Massage, the movement is slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sub-layer of muscles and the fascia (the connective tissue surrounding muscles) to release chronic muscle tension or “knots” also called adhesions.

**Deep Tissue Massage** focuses on achieving therapeutic relief for these problem areas:

Chronic Pain	Fibromyalgia	Neck Pain	Osteoarthritis
Muscle Tension	Lower Back Pain	Sciatica Pain	Recovery from Injuries
Postural Problems	Upper Back Pain	Limited Mobility	Relieve Muscle Tension
Piriformis Syndrome	Upper Back Spasm	Tennis Elbow Pain	Carpaltunnel Syndrome

## Is Deep Tissue Massage Painful?

At certain points during the massage, most people find there is usually some discomfort. It's important to communicate proper depth so your therapist does not go too light or too deep, outside your comfort range.

You should always feel free to speak up if the pressure is too much for you. If the pressure is more than you can comfortably take, you might unconsciously tense up, guarding your body from pain. This makes it harder for the therapist to achieve results.

## Will I Get Results With Deep Tissue Massage?

It's important to be realistic about what can be achieved with one Deep Tissue Massage. Many people want to get rid of all the tension they've built up in their body over many decades, in just one session. They ask for more pressure, thinking that if the therapist just pushes hard enough, they can get rid of all their knots in an hour. In fact, undoing chronic knots and tension built up over a lifetime is best achieved with an integrated program that includes exercise, correct posture, relaxation techniques, and a regular program of Deep Tissue Massage.

**After Deep Tissue Massage** it's important to drink lots of water to help flush lactic acid out of the tissues. It's possible that you might feel some soreness the day after a deep tissue massage even if you do drink water. This means a lot of waste products were flushed out of the tissues. The soreness should pass within one or two days. Your Massage Therapist may recommend applying ice to specific areas.

If you seek relief from chronic muscle pain and you are able to tolerate more direct pressure, greater long-term therapeutic benefits can be achieved by receiving **Trigger Point Therapy**.

**Before and during your massage session, communication is encouraged with your Licensed Massage Therapist (LMT) so your massage is customized to your specific desires and needs.**