

Deep Tissue Massage

What is Deep Tissue Massage?

Deep tissue massage is a style of massage designed to infiltrate the deeper tissue structures of the muscle and fascia, also called connective tissue. It utilizes several of the same methods as Swedish Massage, but the difference is with the pressure; it will usually be more concentrated. Deep tissue in addition is a more focused type of massage; the therapist works to free persistent muscle tension or knots. The work of removing the knots is called “Trigger Point Therapy”. Trigger Point Therapy is usually incorporated into a deep tissue massage as the therapist comes across areas that have “knots” or it can be done as a totally separate therapy.

What to expect after a Deep Tissue Massage?

People may experience soreness for couple of days after receiving a deep tissue massage, but it will diminish within a day or two. Bruising is not uncommon after a deep tissue massage due to the depth and pressure being used, but when preformed properly bruising is limited. The therapist may suggest applying ice to the area after the massage to aid in the reduction of discomfort. It is imperative to communicate to the therapist when things are painful and is outside your comfort range. It's very important to drink plenty of water after a deep tissue massage to help flush out the toxins from the tissues. If you don't, you may possibly be uncomfortable longer than just a few days and if your immune system is down (due to stress, tension, not sleeping or eating well ect) you may become ill (e.g colds/flu like symptoms, sluggish, no energy ect). By loosening knots and tension created over a lifetime is best achieved with an integrated agenda at home. One session of Deep Tissue will not eliminate the tension in the muscles, to effectively eliminate tightness and feel loose multiple sessions would be needed.

Benefits of a Deep Tissue Massage

Deep tissue massage typically concentrates on a particular issue or problem such as:

Chronic pain

Limited mobility

Recovery from injuries (e.g. whiplash, falls, sports injuries)

Repetitive strain injury (e.g. carpal tunnel syndrome)

Postural problems

Osteoarthritis pain

Fibromyalgia (People frequently become aware of better range of motion instantly after a deep tissue massage.)

Muscle tension or spasm