

## *What is Deep Tissue Massage?*

Deep Tissue Massage is a general term covering a range of strategies that deal with assisted muscle release at a deeper level. Other systems that include deep tissue massage are Rolfing, Soma bodywork and Sports Massage.

Neuromuscular massage techniques are employed to detect muscle tissues that have become distressed. Effective manipulation of stiff or painful musculature using specific hand positions, strokes and specifically developed techniques, bring about relief from muscle tensions and increase flexibility. Treatment for low back and shoulder pain, carpal tunnel, sciatica, headaches, knees and neck are amongst the common complaints that Deep Tissue specialists treat.

Micro scarring is caused by injuries and often surgery. This ailment is commonly benefited from this type of therapy. Often the treatment and pressure begins gently and can gradually escalate to points of temporary discomfort. Treatment ranges from generally therapeutic to corrective in nature. Deep tissue massage can cause an increase in muscle strength and length appreciably and rapidly.

Deep Tissue Massage therapy usually involves warming the skin and superficial soft tissue of your body prior to the therapist using greater pressure to access the deeper connected tissue underneath.

**Deep Tissue Massage - Correct Posture... Release Chronic Muscle Tensions...**



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