

What is Deep Tissue Massage?

Deep tissue massage is a technique of massage therapy that focuses on realigning deeper layers of connective tissue and muscles. It is particularly helpful for specific chronically contracted and tense areas such as low back tightness, stiff necks and aching shoulders.

With deep tissue massage, some of the same strokes are used as in classical massage therapy, although, the pressure is deeper and the movement is slower. The massage is concentrated on areas of pain and tension.

How Does Deep Tissue Massage Work?

Whenever there is chronic injury or muscle tension, there are typically bands of rigid, painful tissue known as adhesions in ligaments, tendons and muscles. Adhesions can cause pain, block circulation, cause inflammation and limited movement.

Deep tissue massage is beneficial as it physically breaks down these adhesions in order to restore normal movement and relieve pain. In order to do this, the massage therapist often uses friction or deep pressure applied across the grain of the muscles.

Will Deep Tissue Massage Hurt?

It is common at certain times during a deep tissue massage where people may feel some pain and discomfort. It is recommended to tell the massage therapist if you experience any pain or soreness outside of your comfort zone and to mention whenever things hurt.

Typically after a deep tissue massage, there is some pain or stiffness. Generally, this discomfort will disappear after a day or so. It is wise to drink lots of water after the massage to dilute the lactic acid buildup you will experience. As well, the massage therapist may recommend applying ice to any tender areas after the massage. A deep tissue massage releases toxins from the muscle tissue and loosens the lymphatic system. Drinking lots of water will help flush everything out and is beneficial.

Benefits of Deep Tissue Massage

Deep tissue massage generally focuses on a particular problem such as postural issues; injury recovery such as a sports injury, falls or whiplash; limited mobility problems; carpal tunnel syndrome or repetitive strain injury; chronic pain, osteoarthritis pain and postural problems. As well, it can alleviate muscle spasm or tension and Fibromyalgia.

Relaxation massage typically relies on a much softer touch and relaxing strokes, while deep tissue massage works deep into the muscle groups and works out knots and deep kinks. An RMT or Registered Massage Therapist can provide you with much relief and is worth making an appointment with.