

Deep Tissue Massage

Frequently Asked Questions

What is Deep Tissue Massage?

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

Some of the same strokes are used as classic massage therapy, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain.

How Does Deep Tissue Massage Work?

When there is chronic muscle tension or injury, there are usually adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments.

Adhesions can block circulation and cause pain, limited movement, and inflammation.

Deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement. To do this, the massage therapist often uses direct deep pressure or friction applied across the grain of the muscles.

Will Deep Tissue Massage Hurt?

At certain points during the massage, most people find there is usually some discomfort and pain.

It is important to tell the massage therapist when things hurt and if any soreness or pain you experience is outside your comfort range.

There is usually some stiffness or pain after a deep tissue massage, but it should subside within a day or so. The massage therapist may recommend applying ice to the area after the massage.

What Can I Expect During My Visit?

Massage therapists may use fingertips, knuckles, hands, elbows, and forearms during the deep tissue massage.

You may be asked to breathe deeply as the massage therapist works on certain tense areas.

It is important to drink plenty of water as you can after the massage to flush metabolic waste from the tissues.

Benefits of Deep Tissue Massage

Unlike classic massage therapy, which is used for relaxation, deep tissue massage usually focuses on a specific problem, such as:

- Chronic pain
- Limited mobility
- Recovery from injuries (e.g. whiplash, falls, sports injury)
- Repetitive strain injury, such as carpal tunnel syndrome
- Postural problems
- Osteoarthritis pain
- Fibromyalgia
- Muscle tension or spasm

Precautions

Massage is not recommended for certain people:

- infectious skin disease, rash, or open wounds
- immediately after surgery
- immediately after chemotherapy or radiation, unless recommended by your doctor
- people with osteoporosis should consult their doctor before getting a massage
- prone to blood clots. There is a risk of blood clots being dislodged. If you have heart disease, check with your doctor before having a massage
- pregnant women should check with their doctor first if they are considering getting a massage.

Additional Tips

Arrive 5 to 10 minutes early so you can have a few minutes to rest and relax before starting the massage.