

A Deep Concept

Deep tissue massage focuses on the deeper layers of muscle tissue. It is performed by deep finger pressure and slow strokes on the contracted areas across muscle fibers, tendons and fascia. By doing this it attempts to release the chronic patterns of tension in the body. This technique will aid in breaking up and getting rid of scar tissue. At first this may cause some minor pain but this will soon fade away.

Two techniques are used in Deep tissue massage: One is direct and the other indirect. The direct method attempts to find resistance in the body and the therapist will apply pressure to the muscle in order to locate this. The pressure is applied until the muscle resistance is released. The indirect method will move in the opposite way of the resistance. The amount of resistance will determine the amount of pressure that needs to be applied.

The massage therapist will apply long slow strokes, using fingertips, knuckles, hands, elbows, and forearms. Combinations of indirect and direct therapy can be used.

There are a quite a few reasons for this type of massage therapy. Stressed muscle will block oxygen, and nutrients. This in turn will build up toxins in the muscle tissue and lead to inflammation of the muscle. Deep massage will loosen up muscles. When it does this it improves circulation of the blood and oxygen plus it releases toxins from the muscles. When this happens it is important to drink as much water as possible after your massage, to flush out the toxins from your body.

Deep tissue massage therapy will also relieve tension both mentally and physically. When you relax the muscles you will also release stress and mental tension. This in turn will improve your overall health.

However this massage therapy should only be done by professional therapists and is not advisable to be done in certain cases. It should never be done directly over open wounds, bruised or inflamed skin, areas where there has been a recent fracture, tumors, abdominal hernia, rashes or skin disease.

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Although this massage therapy can be very beneficial you should always consult your doctor before having this treatment. Do not expect miracles, sometimes it takes a few sessions to resolve your problems, especially if you have a long-standing chronic problem.

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About the Author

Zach Thompson is a Glyconutrients Representative. His clients range from actresses to pro athletes. You can get a free Glyconutrients consultation by visiting <http://www.myglycoshop.net> Clinical studies have shown that glyconutrients can help balance your immune system.