

Running the Distance Sports Massage

DEEP TISSUE MASSAGE

Deep tissue massage is a specific type of massage therapy that concentrates on the deep layers of muscles and fascia in the body. Deep tissue massage is performed by using finger pressure or with the palm of the hands. The deep tissue massage is done with deep pressure, slow movement and firm strokes of the fingers or hands reduces chronic pain.

Deep tissue massage is more effective and affordable for relieving chronic pain than conventional remedies. Deep tissue massage increases the flow of blood through the body. It helps to reduce the inflammation that causes pain and can also help alleviate muscle tension that is often a side effect of chronic pain by loosening the tight tissue cluster.

Improve Blood Pressure

Deep tissue massage helps ease stress and tension, which can have a beneficial effect on the blood pressure.

Breaks up Scars Tissue

Deep tissue massage therapy can help to break up and eventually erases scar tissue in the body. It does this by improving lymphatic circulation and drainage to improve flexibility and range of motion (ROM) in the affected areas. Scar tissue is often associated with ongoing pain and stiffness, so deep tissue massage can improve these symptoms. Massage therapy is often recommended for people who are recovering from surgery, the massage will help to speed up the process of recovery from surgery or an injury.

Rehabilitates Injured Muscles

Deep tissue Massage can be an effective treatment for injured muscles. Massage facilitates the movement of toxins from the muscles and help stretch tight or twisted muscle mass, deep tissue massage can help promote healing. Because massage also helps relax muscles, it can reduce the pain caused by injuries, too. Deep tissue massage is frequently used to rehabilitate sports injuries.

Stress Relief

Deep tissue massage can help people from stress, chronic stress causing tension headaches, rigid shoulders and tight muscles; deep tissue massage can be a relief for these problems.