



## **Deep Tissue Massage- Yay or Nay?!**

Is deep pressure always better in a massage than light pressure? This question is often asked by clients!

Deep tissue massage can play an important role in decreasing the tension found in deep muscle tissue, but it can also cause superficial muscles to tighten. It is important that muscle tissues be warmed either by kneading or the use of heat (such as that from a heating pad) before venturing into deep muscle tissue. If you ever find yourself tensing up when deep pressure is applied, it defeats the purpose of loosening up and relaxing the muscle tissue.

Communication between you and your massage therapist is very important when it comes to the pressure applied to your tissues during a massage to ensure you are comfortable. A little tenderness in the worked tissues the following day can be expected from deep tissue work but the tenderness should never cause immobility or decreased ability to perform activities of daily living. If you are very tender for more than 1 day after your deep tissue massage treatment, inform your therapist at your next session so that pressure modifications can be made.

*Yours in health,*

*Erin & Karen*

*The Therapeutic Effects Team*