



In the world of massage there exists a variety of styles - everything from Swedish massage to Lymphatic massage, all tailored to produce very specific results. One such massage technique, deep tissue massage, has continued to increase in popularity, due in part to its ability to release an enormous amount of tension in a world where tension reigns on every corner.

Deep tissue massage is effective because of its technique - consisting of slower, stronger massage that stimulates deep into muscles. This can be especially helpful for athletes who expose their muscles to daily, intensive conditioning. Deep tissue massage will noticeably loosen muscles, elevate pain, and increase mobility - all significant benefits for an athlete. However, you don't have to be an athlete to enjoy the benefits of deep tissue massage.

In many cases, a deep tissue massage has replaced the classic Swedish massage in terms of frequency of use. Whereas visitors to any spa around the country may have traditionally sought out a massage that simply relaxed, now they are seeking a massage that also stimulates, conditions, and heals.

Those suffering from certain conditions may also find deep tissue massage to be quite therapeutic. Sufferers of chronic pain, fibromyalgia, edema, muscle cramping, and even carpal tunnel syndrome may find significant relief from deep tissue massage. The pressure exerted on different groups of muscle tissue stimulates circulation in areas of pain.

This particular type of massage therapy focuses on realigning muscles and connective tissues. It is particularly helpful for people that have chronic tightness and stiffness. When chronic muscle tension or injury is present adhesions are formed in the muscle tissues, tendons and ligaments. Adhesions can inhibit circulation, limit movement and cause pain. Deep tissue massage works to break down these adhesions and restore movement.

When deep tissue massage is paired with Chiropractic care, the benefits are terrific.

This approach allows your chiropractor and massage therapist to discuss your problems and symptoms so that they can both approach the issue. Your chiropractor can focus on the structural misalignments while your massage therapist can target the muscle adhesions. This allows for maximal rehabilitation.

Call 248-299-6911 to schedule your Deep Tissue Massage.

The Benefits Of Massage

What exactly are the benefits of receiving a massage? Useful for all of the conditions listed below and more, massage can:

- Alleviate **low-back pain** and improve range of motion.
- Assist with shorter, easier labor for **expectant mothers** and shorten maternity hospital stays.
- Ease medication dependence.
- Enhance **immunity** by stimulating lymph flow—the body's natural defense system.
- Lessen **depression and anxiety**.





- Exercise and stretch **weak, tight, or atrophied muscles**.
- Help **athletes** of any level prepare for, and recover from, strenuous workouts.
- Improve the condition of the body's largest organ—the skin.
- Increase **joint flexibility**.
- Promote tissue regeneration, reducing **scar tissue and stretch marks**.
- Pump oxygen and nutrients into tissues and vital organs, improving **circulation**.
- Reduce **postsurgery adhesions and swelling**.
- Reduce **spasms and cramping**.
- Relax and soften injured, tired, and **overused muscles**.
- Release endorphins—amino acids that work as the body's natural painkiller.
- **Relieve** migraine pain.

A Powerful Ally

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.



Furthermore, clients often report a sense of perspective and clarity after receiving a massage. The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits.