



El Aephau

Massage Therapy

MODALITIES

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Deep Tissue Massage

Deep Tissue Massage Therapy has similarities to Swedish Massage but the focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). It aims to identify the shortened muscles and fascia involved, as well as any muscle spasms and localized areas of tenderness. For example, upper back pain is often caused by chronically shortened chest muscles (the pectorals) combined with spasm of deep back muscles (multifidii and rotatores).

It begins with strokes similar to that of Swedish to warm the area of concern, followed with slow, firm gliding pressure to restore normal length to adaptively short contracted myofascial tissues that may be combined with passive range of movement and assisted stretches. Muscle lesions and adhesions ("knots") are treated with deep pressure that maybe done with vibration, then any existing muscle spasms are addressed with deep, sustained static compression until they release and regain their normal resting length.



Deep Tissue Massage Therapy can reduce heart rate and stress hormone levels like cortisol while boosting mood and relaxation by triggering the release of oxytocin and serotonin. (Journal of Alternative and Complementary Medicine)

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