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## Deep Tissue Massages

Posted by attagirl - 2007/06/26 03:03

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Deep tissue massages focus on the deeper muscle tissue. it aims to release chronic patterns of tension in the body.

Did you know that deep tissue massages help to break up and eliminate scar tissue? When they are done properly you should feel better within one to two days.

If you have had a deep tissue massage come and tell us about it.

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## Re:Deep Tissue Massages

Posted by Rohitpatel - 2007/06/29 17:26

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Well as far I know deep tissue massages are different massage from other massage and focus on the deeper muscles of the soft tissue. Am I right?

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## Re:Deep Tissue Massages

Posted by harimadsol - 2007/07/12 01:29

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Perhaps my deep tissue massage wasn't done correctly, but I ended up with a massive headache that lasted for two days. Is this normal for a deep tissue massage?

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## Re:Deep Tissue Massages

Posted by reiki2 - 2007/07/15 08:35

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Hi

Some times when we have a powerful massage or healing it can create a healing crisis, this is because things have been released at a deep level.

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## Re:Deep Tissue Massages

Posted by Rohitpatel - 2007/07/18 17:57

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Well reiki I am aware with this effect from powerful massage. Thank for letting me know. I will take care about this in future user.

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## Re:Deep Tissue Massages

Posted by QuietLunatic - 2007/07/20 06:33

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harimadsol wrote:

Perhaps my deep tissue massage wasn't done correctly, but I ended up with a massive headache that lasted for two days. Is this normal for a deep tissue massage?

I've been a registered massage therapist for sixteen years, and I'm going to go out on a limb here and say that it's not a normal reaction to deep work on its own. However, if the therapist unintentionally activated trigger points or worked too deep, too long on the shoulders and neck, it can cause headaches. If it happens again, call the therapist the next day and let her/him know.

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## Re:Deep Tissue Massages

Posted by hazephase - 2007/07/26 16:28

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I would like to know more about deep tissue massage , are there any videos that can one of can give me link to ? I do a tibetian massage and would like to know more about diffrent massages

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## Re:Deep Tissue Massages

Posted by reiki2 - 2007/07/27 03:30

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You could try youtube, if you find one you could add it to this site;)

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## Re:Deep Tissue Massages

Posted by James - 2007/08/24 23:22

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Deep tissue massage does seem to be dangerous if done badly. There is one client of my wife who had a deep tissue massage and who got a twitch from this. Choose your practitioner carefully.

harimadsol wrote:

Perhaps my deep tissue massage wasn't done correctly, but I ended up with a massive headache that lasted for two days. Is this normal for a deep tissue massage?

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## Re:Deep Tissue Massages

Posted by James - 2007/09/05 09:32

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One other thing about deep tissue massage is that it tends to be more concentrated than other techniques, focussing on a specific joint or muscle group.

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## Re:Deep Tissue Massages

Posted by Trinity - 2007/09/06 23:47

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harimadsol wrote:

Perhaps my deep tissue massage wasn't done correctly, but I ended up with a massive headache that lasted for two days. Is this normal for a deep tissue massage?

It depends really on many factors. If your body is injured as a result of treatment I would think that massage had not been done correctly. A headache (unless the therapist was beating you round the head of giving you unnecessarily deep treatment around the head and neck) is sometimes an indication that the massage has stirred up and initiated the process of releasing toxins (in which case, drink plenty of water to help flush them out, and eat 'healthy' food). There could be other causes, although my experience is that (as has been suggested here already) that it may be an indication of an onset of healing - in which case the only way out is through. It is an invitation to look at where your health currently stands.

It is entirely normal to experience effects of detoxification or discomfort when you have never had treatment before. Your therapist should be able to give you advice on this. If not, perhaps you should try someone else.

Warm Regards  
Trinity

Post edited by: Trinity, at: 2007/09/06 15:48

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