

DEEP TISSUE MASSAGE



Deep Tissue Massage

If you're suffering from tensions and aches that cannot be solved by a classic Swedish massage then a deep tissue massage might be the answer you're client is looking for! During a deep tissue massage, the pressure is stronger and concentrated on the problematic area which might lead to a little bit of discomfort. It is worth it though as it helps alleviate the pain in the long term!

Deep tissue is a type of massage therapy that is used to treat chronic tension and injuries from overuse, such as tennis elbow and carpal tunnel syndrome. Practitioners may use their forearms, elbows, fingertips and knuckles as well as their hands in order to break-up adhesions. These bands of rigid tissue can cause pain and inflammation, and restrict movement and circulation in muscle tissue. You might have a stiff neck and upper back, lower back pain, tight legs or sore shoulders. Deep tissue massage works to realign the different layers of tissue, treating the tendons, ligaments and fascia (the protective layer of tissues which surrounds the bones, joints and muscles) as well as the muscles to release tension and provide pain relief.

THE TRAINING CENTER OF WELLBEING

DEEP TISSUE MASSAGE





CURRICULUM

Health and safety
Sterilisation and disinfection
The appearance of the therapist
Ergonomics
Deep tissue massage introduction
Muscles of the body
Assessment techniques
Growth and repair of muscles
The peripheral nervous system
Deep tissue massage techniques
Contraindications
Contra-actions and aftercare

Contact Us

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ABOUT THE COURSE

Prerequisite: Massage Therapy Level 3 or studied our Swedish massage course

Duration of training: 2 Days

Cost: £250

Independent Learning Hours: 40

Case Studies: 4 with 2 follow ups on each

MORE INFORMATION

If your clients are suffering from tensions and aches that cannot be solved by a classic Swedish massage then a deep tissue massage might be the answer they are looking for.

IS THIS COURSE FOR YOU?

This course is for qualified massage therapists who wish to add Deep Tissue Massage to their repertoire.

WHATS INCLUDED?

Your training includes:

Full printed manual, classroom sessions, complementary medicine practitioner handbook, support with case studies.

Accredited by the Complementary Medicine Association