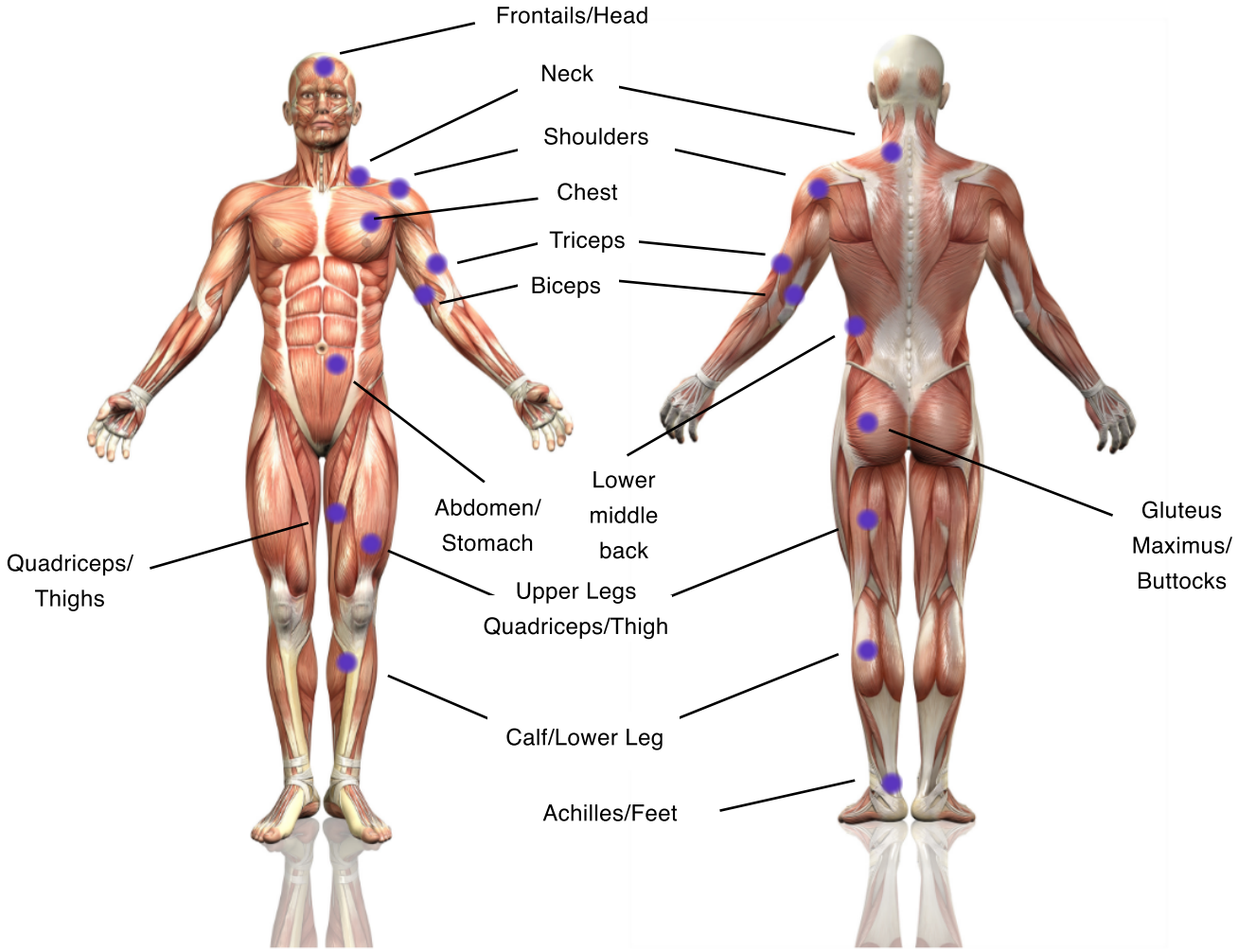
Deep Tissue Massage Diagram



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Deep Tissue Methods

Technique 1 - Sacrum Push

The Sacrum Push is a simple yet highly effective starting point for full-body deep-tissue massages. The therapist places one hand on your lower back, above the sacrum, and the other hand on top. By leaning towards you, the therapist uses their body weight to increase pressure gradually. This warm pressure on the core and base of the spine offers immediate comfort, preparing you for the massage.

Technique 2 - Elbow Pressure

Utilizing the elbow, the therapist applies pressure to specific points by gently leaning in. This technique is commonly used for shoulder muscles and helps focus strength directly onto the target area. To prevent discomfort, a slightly rounded elbow position is recommended.

Technique 3 - Knuckle Pressure

Similar to Elbow Pressure, Knuckle Pressure employs the therapist's knuckles to penetrate deeper tissues. The therapist uses

controlled movements, rocking and rolling their fist to enhance muscle relief and blood circulation. This technique is suitable for fleshier areas like the buttocks and thighs.

Technique 4 - Double Finger Press

The Double Finger Press technique addresses the challenge of applying intense pressure using fingertips. With interlaced fingers, the therapist leans into their hands, distributing power across fingers and thumbs. This method is versatile, often employed for oil application and flowing effleurage strokes, with deeper penetration than Swedish massage.

Technique 5 - Thumb Rolls

Thumb Rolls offer targeted deep pressure, commonly used on calf muscles. The therapist grips the lower leg and uses circular thumb motions to progressively increase compression. This technique allows focused therapy while maintaining a soothing style, benefiting muscles and promoting regeneration.

Notes: