

# SPORTS MASSAGE AND DEEPTISSUE

Deep tissue massage and Swedish massage are two different types of massage therapy. Both use some of the same strokes, but they have different uses and very greatly when it comes to the amount of pressure used.

## BENEFITS OF DEEP TISSUE MASSAGE :

Deep tissue massage not only relaxing. So you need to be prepared client to feel some discomfort during the massage and even after.: ❖**Sports injuries** ❖**Lowers High Blood Pressure** ❖**Increase Joint Mobility**

❖**Reduces Chronic Pain** ❖**Treats Back Pain**

## How does Deep tissue Massage compare to Swedish massage?

SWEDISH MASSAGE	DEEP TISSUE MASSAGE
1 - Swedish massage is mainly used to promote relaxation and reduce muscle tension caused by everyday activities, such as sitting at a computer.	1 - Deep tissue massage is primarily used to treat chronic pain and muscle and sports-related injuries
2 - Gentle form of massage that uses less pressure	2 - Used to apply increased pressure
3 - Use of the palms and fingers to knead	3 - Elbows and forearms also be used
4 - Targets the superficial layers of muscle and focuses on the parts of your body that tend to hold the most tension	4 - Targets the inner layers of your muscles. It's used to treat muscle and tendon injuries, pain, and stiffness in your major muscle groups and joints.

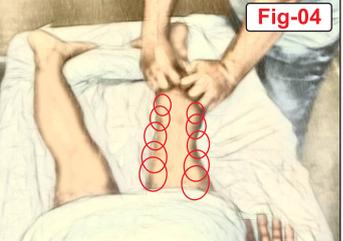
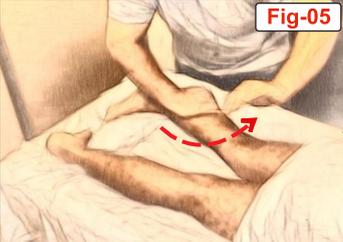
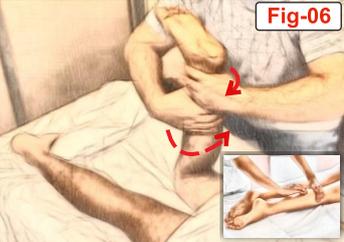
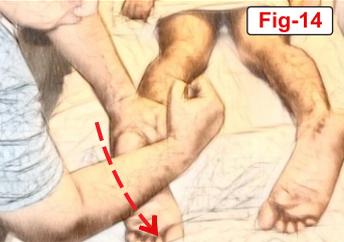
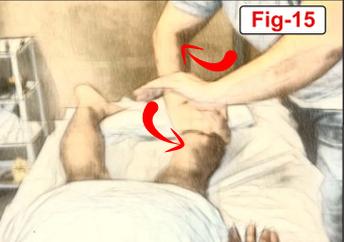
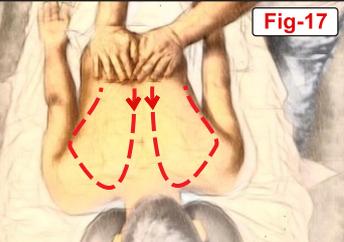
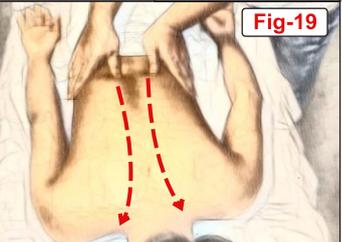
## PRACTICAL PROCEDURE OF DEEP TISSUE

Posterior ( Back ) Side	Anterior ( Front ) Side
Warm up muscles using a lighter touch <b>(20 minutes)</b> >> Back of The Both Legs <b>(10 min)</b> >> Buttocks <b>(5 min)</b> >> Upper Back <b>(20 min)</b> >> <b>Back of the Head (5 min).</b> Total = <b>60 minutes</b>	Front of The Both Legs <b>(10 minutes)</b> >> Abdomen & Chest <b>(10 min)</b> >> Both Hand <b>(10 min)</b> Total = <b>30 minutes</b> <b><u>Total time 90 minutes</u></b> Foot & head is not included.

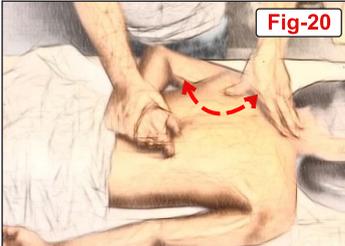
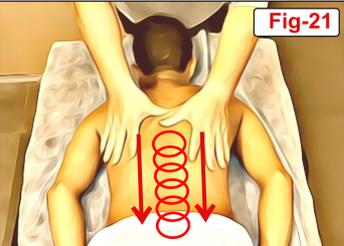
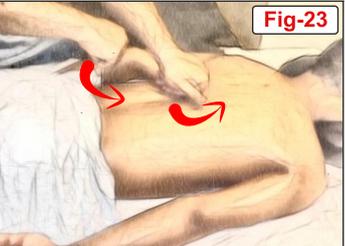
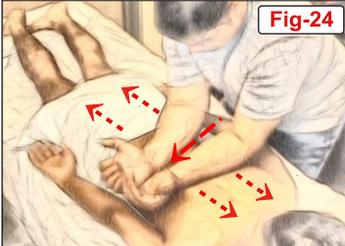
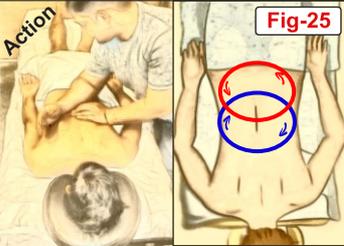
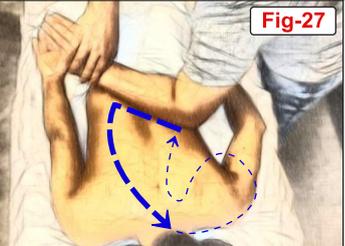
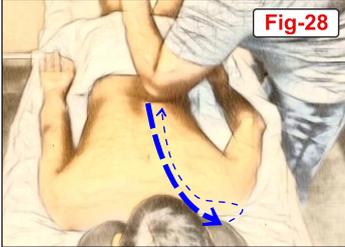
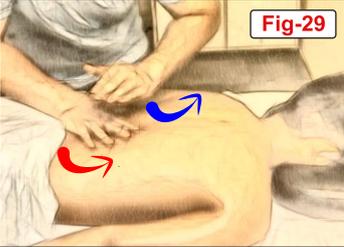
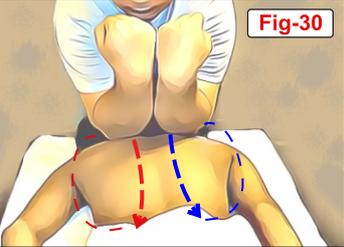
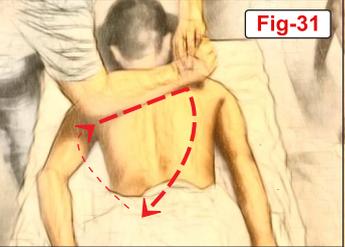
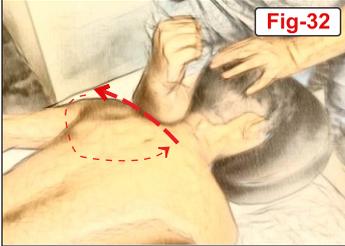
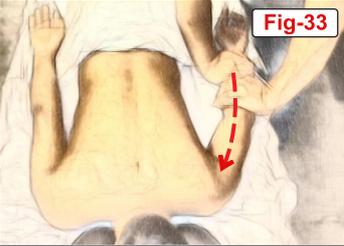
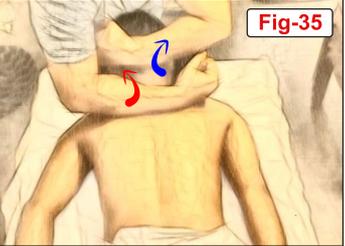
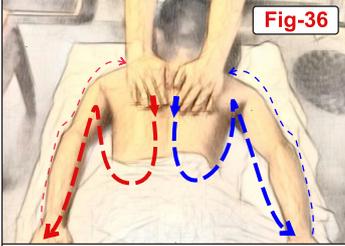
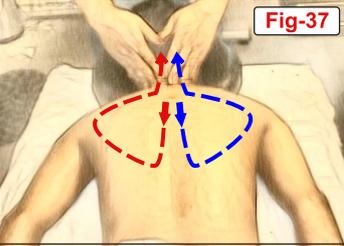
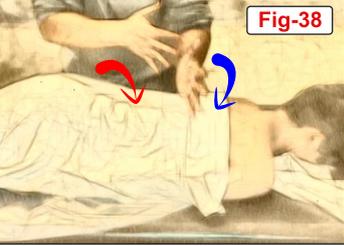
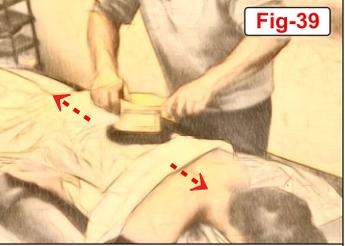
## There are three types of contraindication

The following must be avoid	Need to Avoid affected areas	Approved by writing a Physician.
1. Fever 2. Contagious diseases including any cold or flu 3. Recent operations or acute injuries 4. Skin diseases 5. <b>Pregnancy</b>	1. Varicose veins 2. Cuts 3. Sunburn 4. Inflammation, including arthritis	1. High blood pressure 2. Osteoporosis 3. Cancer 4. Heart problems, angina, those with pacemakers 5. Epilepsy 6. Diabetes 7. Gynecological infections

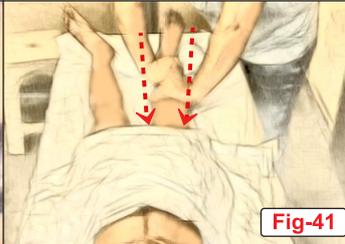
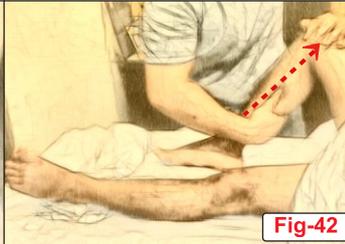
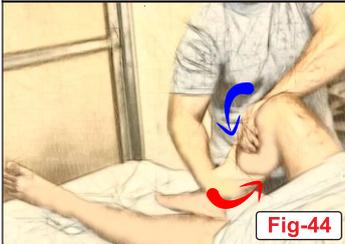
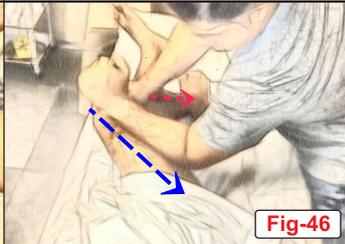
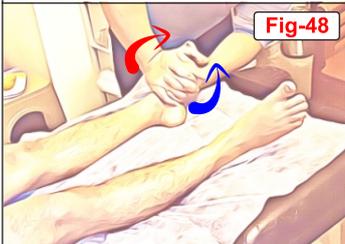
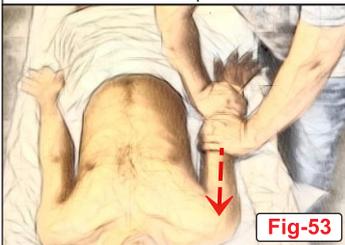
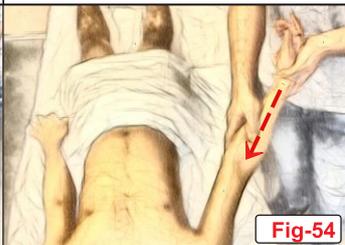
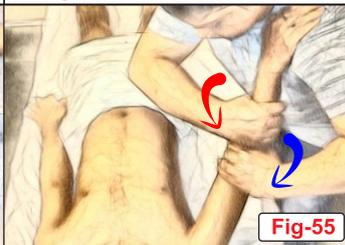
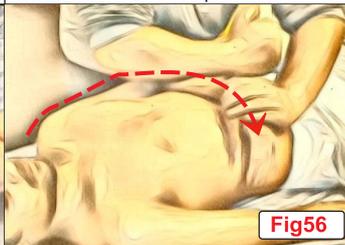
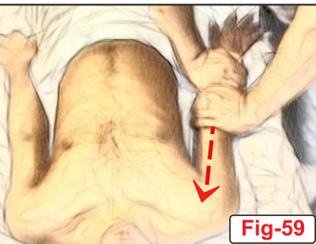
## Deep Tissue Oil Massage (Posterior Side: II)

																			
<b>Stroke Name</b> Oil Application	<b>Stroke Name</b> Basic Effleurage	<b>Stroke Name</b> Thumb Friction	<b>Stroke Name</b> Knuckles Friction																
<b>Massage Area</b> On Left Leg (Foot to Glutes)	<b>Massage Area</b> Left Leg (Calves, Hamstrings, Glutes)	<b>Massage Area</b> Left Leg (Calves, Hamstrings, Glutes)	<b>Massage Area</b> Left Leg (Calves, Hamstrings, Glutes)																
<b>Timing:</b> For 01 Minutes	<b>Timing:</b> For 07 Time	<b>Timing:</b> Vertical 3 Line on each Muscle	<b>Timing:</b> For 01 Time up & down																
																			
<b>Stroke Name</b> Short & Sharp Effleurage	<b>Stroke Name</b> Wringing & Flat hand Kneading	<b>Stroke Name</b> Forearm Sliding Lateral Arch	<b>Stroke Name</b> Forearm Sliding Medial Arch																
<b>Massage Area</b> Left Leg (Calves, Soleus & Hamstrings)	<b>Massage Area</b> Left Leg (Calves, Soleus & Hamstrings)	<b>Massage Area</b> On Lateral Arch(Outer) Left Foot	<b>Massage Area</b> On Medial Arch(Inner) Left Foot																
<b>Timing:</b> For 02 Time up & down	<b>Timing:</b> For 01 Time up & down	<b>Timing:</b> For 05 Time up & down	<b>Timing:</b> For 05 Time up & down																
																			
<b>Stroke Name</b> Forearm Sliding Outer Calves (With your left Forearm)	<b>Stroke Name</b> Forearm Sliding (Inner Calves) (With your right Forearm)	<b>Stroke Name</b> Forearm Sliding (Upper Leg) One by one with your both Forearm.	<b>Stroke Name</b> Forearm Sliding on full leg (One by one with your both Forearm)																
<b>Massage Area</b> On Calves & Soleus Muscle (Left Leg)	<b>Massage Area</b> On Calves & Soleus Muscle (Left Leg)	<b>Massage Area</b> On Hamstrings & Glutes (Left Leg)	<b>Massage Area</b> (Left Leg) On Calves, Hamstrings & Glutes ( One by One Inner & Outer Leg )																
<b>Timing:</b> For 03 Time up & down	<b>Timing:</b> For 03 Time up & down	<b>Timing:</b> For 03 Time up & down	<b>Timing:</b> For 03 Time up & down																
			<p style="color: red; font-weight: bold;">Now repeat all the strokes on the right leg, those you did on the left leg.</p> <p>As the same way of,</p> <table border="0" style="width: 100%;"> <tr> <td>Fig-No: 01</td> <td>Fig-No: 09</td> </tr> <tr> <td>Fig-No: 02</td> <td>Fig-No: 10</td> </tr> <tr> <td>Fig-No: 03</td> <td>Fig-No: 11</td> </tr> <tr> <td>Fig-No: 04</td> <td>Fig-No: 12</td> </tr> <tr> <td>Fig-No: 05</td> <td>Fig-No: 13</td> </tr> <tr> <td>Fig-No: 06</td> <td>Fig-No: 14</td> </tr> <tr> <td>Fig-No: 07</td> <td>Fig-No: 15</td> </tr> <tr> <td>Fig-No: 08</td> <td></td> </tr> </table>	Fig-No: 01	Fig-No: 09	Fig-No: 02	Fig-No: 10	Fig-No: 03	Fig-No: 11	Fig-No: 04	Fig-No: 12	Fig-No: 05	Fig-No: 13	Fig-No: 06	Fig-No: 14	Fig-No: 07	Fig-No: 15	Fig-No: 08	
Fig-No: 01	Fig-No: 09																		
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Fig-No: 07	Fig-No: 15																		
Fig-No: 08																			
<b>Stroke Name</b> Interlock heel pulling (Both sides heel separately)	<b>Stroke Name</b> Forearm slide on the foot sole (Both sides foot separately)	<b>Stroke Name</b> Final touch and cover the leg (Both sides Leg separately)																	
<b>Massage Area</b> (Left Leg) Grip the ankle and pull out it to heel	<b>Massage Area</b> (Left Leg) Heel to toe downward	<b>Massage Area</b> (Left Leg) Grip the ankle and pull out it to heel																	
<b>Timing:</b> For 05 Time up & down	<b>Timing:</b> For 04 Time up & down	<b>Timing:</b> For 02 Time up & down																	
																			
<b>Stroke Name</b> Oil Application on the entire Back	<b>Stroke Name</b> Superficial Effleurage Lower back to upper back	<b>Stroke Name</b> Double hand Effleurage Lower back to upper back	<b>Stroke Name</b> Thumb Friction Lower back to upper back																
<b>Massage Area</b> On the lower back to upper back including both hands	<b>Massage Area</b> By Covering (Erector, Trapezius, Deltoid & Latissimus )	<b>Massage Area</b> By Covering (Erector, Trapezius, Deltoid & Latissimus )	<b>Massage Area</b> By Covering 1:Gluteus 2:Erector spinae 3: Scapula 4:Shoulder																
<b>Timing:</b> For 01 min	<b>Timing:</b> For 07 Time Down to Up	<b>Timing:</b> For 03 Time Down to Up Each	<b>Timing:</b> For 03 Time Down to Up																

## Deep Tissue Oil Massage (Posterior Side: III)

			
<b>Stroke Name</b> Scapula twisting with thumb	<b>Stroke Name</b> Erector spinae twisting with thumb	<b>Stroke Name</b> Kneading	<b>Stroke Name</b> Sharp & Short Knuckling + Long Knuckling
<b>Massage Area</b> Both sides Scapula Separately	<b>Massage Area</b> upper back to Lower back Through the vertebral column	<b>Massage Area</b> Both sides Waist Separately (Latissimus, Shoulder & )	<b>Massage Area</b> On lower back to upper back
<b>Timing:</b> For 02 Time Down to Up	<b>Timing:</b> For 02 Time Down to Up	<b>Timing:</b> For 02 Time Down to Up	<b>Timing:</b> For 01 Time Down to Up
			
<b>Stroke Name</b> Forearm rolling	<b>Stroke Name</b> Figer of Eight on Lower Back	<b>Stroke Name</b> Figer of Eight on Scapula	<b>Stroke Name</b> Chicken Wings Upward (Both sides shoulder separately)
<b>Massage Area</b> On lower back to upper back	<b>Massage Area</b> On lower back (Erector spinae, Latissimus & Glutes)	<b>Massage Area</b> On Upper Back (Trapezius & Deltoid )	<b>Massage Area</b> Through Erector spinae & Trapezius ( Down to Up )
<b>Timing:</b> For 05 Time Down to Up	<b>Timing:</b> For 5 Times each circle	<b>Timing:</b> For 5 Times each circle	<b>Timing:</b> For 03 Time up & down
			
<b>Stroke Name</b> Elbow Friction Upward (Both sides scapula separately)	<b>Stroke Name</b> Sharp & Short Palm sliding (Upward)	<b>Stroke Name</b> Butterfly Elbow Friction (Figer of 6 Line Downward)	<b>Stroke Name</b> Chicken Wings Downward (Both sides Trapezius separately)
<b>Massage Area</b> Lower back to Upper Back Throughout Erector spinae & Trapezius	<b>Massage Area</b> On Entire the back area (down to up)	<b>Massage Area</b> On Trapezius by Covering Scapula	<b>Massage Area</b> Through Trapezius & Erector spinae ( Up to Down )
<b>Timing:</b> For 03 Time up & down	<b>Timing:</b> For 02 Time up & down	<b>Timing:</b> For 02 Time up & down	<b>Timing:</b> For 03 Time up & down
			
<b>Stroke Name</b> Shoulder kneading with forearm (Each Shoulder & Neck separately)	<b>Stroke Name</b> Effleurage on Hand (Both hand separately)	<b>Stroke Name</b> Chicken Wings on Hands (Both hand separately)	<b>Stroke Name</b> Forearm Sliding towards the head (With both hands together one by one)
<b>Massage Area</b> On Shoulder & Neck (Scalene & Trapezius Muscle group)	<b>Massage Area</b> On Brachioradialis, Finger Flexors, Biceps & Triceps	<b>Massage Area</b> On Brachioradialis, Finger Flexors, Biceps & Triceps	<b>Massage Area</b> On Shoulder & Neck (Scalene & Trapezius Muscle group)
<b>Timing:</b> For 03 Time up & down	<b>Timing:</b> For 05 Time up & down	<b>Timing:</b> For 05 Time up & down	<b>Timing:</b> For 05 Time up & down
			
<b>Stroke Name</b> Back of the Head Effleurage	<b>Stroke Name</b> Palm Sliding towards the head (With both hands together one by one)	<b>Stroke Name</b> Cupping + Chopping + Beating (by covering the body with a towel)	<b>Stroke Name</b> G-5 Vibration (by covering the body with a towel)
<b>Massage Area</b> By Covering entire the back including hands	<b>Massage Area</b> On Shoulder & Neck (Scalene & Trapezius Muscle group)	<b>Massage Area</b> On the entire body of the posterior side.	<b>Massage Area</b> On the entire body of the posterior side.
<b>Timing:</b> For 05 Time up & down	<b>Timing:</b> For 05 Time up & down	<b>Timing:</b> For 02 Time up & down	<b>Timing:</b> For 01 Time up & down

## Deep Tissue Oil Massage (Anterior Side IV)

			
<b>Stroke Name</b> Oil Application on Leg	<b>Stroke Name</b> Basic Effleurage	<b>Stroke Name</b> Thumb Friction <b>1st: Soleus 2nd:Knee 3rd:Tarsal</b>	<b>Stroke Name</b> Knuckles Friction
<b>Massage Area</b> On Right Leg (Foot to Quadriceps)	<b>Massage Area</b> On Right Leg (Soleus, Quadriceps & Calves)	<b>Massage Area</b> On Right Leg (Soleus, Patella & between Tarsal bone gap)	<b>Massage Area</b> Right Leg (Calves, Hamstrings, Glutes)
<b>Timing:</b> For 01 Minutes	<b>Timing:</b> For 07 Time up & down	<b>Timing:</b> Vertical 3 Line on each Muscle	<b>Timing:</b> For 01 Time up & down
			
<b>Stroke Name</b> Wringing & Flat hand Kneading	<b>Stroke Name</b> Short & Sharp Effleurage	<b>Stroke Name</b> Forearm Sliding <b>(With your Left Forearm)</b>	<b>Stroke Name</b> Palm sliding on inner & outer side leg. <b>(Both Leg separately)</b>
<b>Massage Area</b> Right Leg (Soleus, Calves & Quadriceps)	<b>Massage Area</b> Right Leg (Soleus & Quadriceps)	<b>Massage Area</b> Right Leg (Throughout Vastus Lateralis)	<b>Massage Area</b> Right Leg (Throughout Soleus to Vastus)
<b>Timing:</b> For 01 min	<b>Timing:</b> For 02 Time up & down	<b>Timing:</b> For 03 Time up & down	<b>Timing:</b> For 03 Time up & down
			
<b>Stroke Name</b> Interlock foot pulling	<b>Stroke Name</b> Final, flat hand Effleurage for 5time and finish the right leg massage	<b>Stroke Name</b> Superficial & Double hand Effleurage (Down to Up)	<b>Stroke Name</b> Kneading <b>(Both sides Waist Separately)</b>
<b>Massage Area</b> Grip with your hands and pull throughout Tarsal, Metatarsal & Phalanges	<b>THEN DO THE SAME TO THE LEFT LEG Repeat all the strokes: Fig.No-40, Fig.No-41, Fig.No-42, Fig.No-43, Fig.No-44, Fig.No-45, Fig.No-46, Fig.No-47, Fig.No-48, Fig.No-49</b>	<b>Massage Area</b> By Covering (Abdominal, Pectoral, Deltoid & Latissimus )	<b>Massage Area</b> By Covering (Latissimus, Shoulder & Abdominal )
<b>Timing:</b> For 03 Time up & down		<b>Timing:</b> For 07 Time & 3 Time	<b>Timing:</b> For 02 Time up & down
			
<b>Stroke Name</b> Effleurage on hand <b>(Both hand separately)</b>	<b>Stroke Name</b> Thumb Friction & Knuckle Friction <b>(Both hand separately)</b>	<b>Stroke Name</b> Wringing & Kneading <b>(Both hand separately)</b>	<b>Stroke Name</b> Forearm Sliding towards the Deltoid <b>(With both hands together one by one)</b>
<b>Massage Area</b> By Covering (Brachioradialis, Finger Flexors, Biceps & Triceps)	<b>Massage Area</b> On Right Hand (Brachioradialis, Finger Flexors, Biceps & Triceps)	<b>Massage Area</b> On Right Hand (Brachioradialis, Finger Flexors, Biceps & Triceps)	<b>Massage Area</b> On Right Hand (Brachioradialis, Finger Flexors, Biceps & Triceps)
<b>Timing:</b> For 07 Time up & down	<b>Timing:</b> For 03 Time up & down	<b>Timing:</b> For 02 Time up & down	<b>Timing:</b> For 03 Time up & down
			
<b>Stroke Name</b> Wrist Rotation & Thumb walking on Palm <b>(Both hand separately)</b>	<b>Stroke Name</b> Final, flat hand Effleurage for 5time and finish the right leg massage	<b>Stroke Name</b> Thumb Friction & Knuckle Friction <b>(Both Shoulder together)</b>	<b>Stroke Name</b> Final touch & finished the Massage
<b>Massage Area</b> On Wrist & fingers	<b>THEN DO THE SAME TO THE LEFT HAND Repeat all the strokes: Fig.No-53, Fig.No-54, Fig.No-55, Fig.No-56, Fig.No-57, Fig.No-58, Fig.No-59</b>	<b>Massage Area</b> On Pectoral and Deltoid.	<b>Massage Area</b> Entire the upper anterior body
<b>Timing:</b> For 02Time each		<b>Timing:</b> 5 line on each	<b>Timing:</b> For 10 Time
	