

Get Daily Pain Relief Massage Chair Performs Deep Tissue Massage

Contributed by Steve Esquire
Friday, 18 July 2008

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Deep tissue massage is found to be effective at relieving more chronic pain conditions. Lighter massage techniques do not penetrate as deeply to be effective. When a deep tissue massage is applied, it targets the deeper layers of the muscles. Muscles breakdown when used. To restore flexibility and heal scar tissue, deep pressure and stroking is applied. The stroking and pressure stretch out the muscle tissues increasing their flexibility. {mosgoogle right}

If you have suffered an injury, then you know that scar tissue has less elasticity than normal tissue. The elasticity can be restored by elongating and stretching the affected areas. Deeper muscles need this stretching action to rebuild and increase their range of motion. A deep tissue massage helps to break down scar tissue and increase elasticity in muscles and tissues.

To help with flexibility of muscles and muscle groups, many athletic stars obtain deep tissue massages after strenuous exercise. Sports teams maintain massage therapist on staff to provide frequent deep massage to team members. All of us amateurs do not have a massage therapist on staff, so we must find other means.

Studies show that deep tissue is effective for relieving muscle pain, tension and anxiety. Since the daily stress on our bodies is continuous, the treatments are only truly beneficial when received on a continuous, recurring basis. A one time treatment is not a one-time cure all. To get daily pain relief, the treatment must be given with sufficient frequency. This is where a deep tissue massage chair can be a tremendous asset. There is an amazing variety of potential massage therapies to target areas for pain relief.

Technology continues to advance at a rapid pace and deep tissue massage has been integrated into many of the premier massage chair brands. Companies like Panasonic, Omega Massage and others are pushing the limits with ever more varieties massage therapies into their chairs. These massage therapies include air compression, stretching, heating elements, music therapy to name a few. Software programs control all aspects of the deep tissue massage. The program starts the massage more superficially and then gradual works deeper into the muscles working out the tightness, pain and aches.

Massage chair companies like Panasonic and Omega Massage develop massage chairs to help relieve certain pain conditions. There are many ailments that plagued us. Simple things like using a mouse over time can cause carpal tunnel syndrome. Although using a mouse is small

movements, these small repetitive movements cause considerable pain and discomfort. The Omega Montage Premier Massage chair has an air compression massage just for the hands and forearm. This provides relief by helping to restore flexibility in the muscles.

Deep tissue is effective for persons performing regular exercise. It has been shown to increase range of motion and flexibility. You may want to check with your medical advisor to make sure that you can benefit from deep tissue massage. You also may experience some discomfort from a deep tissue massage. Deep tissue massage uses pressure and stroking to relieve muscles to the core. If you have not received one before, then your muscles may ache at first when getting this massage.

If you are like most people, then tension and anxiety build up slowly over time in the body. These tensions and anxieties need to be released from the body over time as well. Deep tissue massage helps restore your muscles and tendons, but other massage techniques relieve tension and anxiety. The best massage chairs provide for full body massage therapy and come with a wide range of complimentary therapies. There is a terrific variety to meet every one of your massage therapy needs.

Authors Bio:

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