

# Deep Tissue Sports Massage

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Wednesday, 08 October 2008

## What is Deep Tissue Sports Massage?

One of the most important types of massage to learn about is the deep tissue sports massage. This is a massage technique that is commonly used in sports and which helps the athletes to stay limber and flexible and help prevent injury.

Deep tissue sports massage is a very important form of massage, it is generally used before, during and after athletic events. The purpose of this massage is to prepare the athlete for peak performance. Deep tissue sports massage manages this by draining away fatigue, loosening up the muscles, relieving swelling, and reducing muscle tension through the body.

It is important to realize that because each sport has different demands on the body, as a result a large part of how you should give the massage will depend on the type of sport the athlete participates in. So there are a few different massage techniques that are incorporated into the deep tissue sports massage.

## The Techniques of Deep Tissue Massage

The lower body is a great place to start if you are trying to learn how to give a deep tissue massage. You basically want to start by using your fingertips and then begin incorporating your hands, elbows, and knuckles. Whether you are planning to become a certified massage therapist or just want to learn how to give a deep tissue sports massage to a friend, the process is really not all that hard.

The best idea, especially if you have no experience in massage therapy, is to get a trained professional to help you out. They will be able to help get you started, show you the tips and tricks of the trade, and make sure that you are doing everything correctly. Also, if you want to have a career in massage therapy, the only real way you are going to get a decent number of clients is by getting certified.

Including in the training you should get some useful information on massage oils which is possibly one of the most important tools in an massage arsenal.

You will have to take the required training, but it will be all worth it in the end. Massage therapy is not only a fun and enjoyable career

where you get to meet lots of new people, but as well it is very financially rewarding.

The deep tissue sports massage is a type of massage well worth learning, and actually necessary to learn if you want to make massage therapy your profession. Even if you just end up massaging people you know here and there, this will be one of the best things to learn.

Authors Bio:

Author Louise Servage is a freelance writer for Massage Oils a website dedicated to massaging information and ideas to help professional and not so professional masseuses with a comprehensive and complete help section.