



**INTERNATIONAL
MASSAGE
ACADEMY OF
SWITZERLAND**



MAREY EL HAMOULY

MASSAGE MASTERCLASS

Welcome to

DEEP TISSUE MASSAGE

Level 3

Myoskeletal Massage Therapy

Masterclass

“short sharp-deep slow”

Practitioner’s Training Manual

By

Marey El Hamouly



“I advise you to read this training manual before you start practical session”

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L.M.T/ M.M.T/A.E.T

Marey El Hamouly

President

International Massage Academy of Switzerland

IMAS

“Health is not everything, but everything is nothing without health”

Once you would like to elevate and develop your Massage skills, This 100% Masterclass of techniques and is made to take you to the next level of skills which you can really help and treat your clients.

A professional and personalized online learning solution for leading Massage Therapists to next level.

I am cordially inviting you to discover the world of Deep Tissue Massage, using your body weight correctly and pressure points release as one of the best treatments for Trigger Points Release and Muscles pains.

As a mechanical Massage and manual therapy to let your clients Enjoy the highest level of personalized world-known services and total wellness...

Thank you
Marey El Hamouly



COURSE DETAILS

Description

Wouldn't you just love to know how to do this incredible form of deep tissue massage?

Well you can from best-selling massage course instructor,

Marey El Hamouly!

Marey has done deep tissue massage for elite athletes, celebrities and even Presidents of Countries and is going to teach you exactly the same massage sequences that he did on them.

Marey is an International Approved Continuing Education Provider (IAPCE) for Therapeutic Massage and Bodywork.

In this deep tissue massage Masterclass, Marey El Hamouly guides you step by step to show you massage techniques on how to give your massage clients an incredible treatment and massage experience.

Once you learn this Massage techniques, you can use it and also will be able to incorporate these massage techniques into any of your other massages such as your relaxation or sports massage sequences.

Marey shows you not only what his more than 30 years of experience has helped him, but also he shows you the ways to avoid the mistakes that he has made along the way.

This online massage Masterclasses will give you the skills set to give your clients an amazing massage experience.

In this massage course you are going to learn:

- To Correct Body Alignment and Postural Problems
- To Set up Client's interview and explanations
- The Importance of First Impressions
- How to use your forearm Techniques correctly when doing deep tissue massages and plus so much more..



You will learn how to:

- Prepare the client for treatment
- Assess the client prior to and during the treatment carry out deep tissue massage techniques use mechanical massage as one of the best methods for Trigger Points release.

You will also study:

benefits of the treatment related anatomy and physiology contra-indications aftercare and contra-actions

Once you have successfully completed this Masterclass, and you answer the questions (test chapter)

you will receive your Certificate in

Deep Tissue Massage Therapy

From Marey El Hamouly as an Awarded International Lecturer

Approved by

World Massage Council-WMC &

International Massage Academy of Switzerland -**IMAS**

Good luck and enjoy!



INTRODUCTION of DEEP TISSUE MASSAGE

A deep tissue massage is not just a firm massage where you apply more pressure, but instead consists of different techniques that are used to allow the therapist to work beyond the superficial muscles, usually in a specific area.

During your consultation, it is important to find out as much information as possible, so that you can concentrate on the right area and to also ascertain if any action makes the symptom worse.

If a muscle has been injured or is holding tension, due to poor posture, stress or illness, then adhesions can form.

Adhesions are bands of painful, rigid tissue which can form in muscles, the tendons or ligaments and can lead to poor blood flow to the area as well as limitation of movement, leading to pain.

The purpose of a deep tissue massage is to release the muscle fibres that have become “stuck”, in order to remove toxins and to encourage blood to circulate again.

It is important to note that clients should be referred to another professional such as an Osteopath, a Physiotherapist or Sports Massage therapists if you suspect that there is an injury that warrants expert advice.

Always work within your own limitations.

History of DEEP TISSUE MASSAGE

Ancient Greeks and Egyptians were the first to discover the healing power of massage. By the late 1800s, the concept was adopted in Canada and in the United States.

Towards the end of the 1800s. Although no one can say for certain at the moment, it is possible that it was one of many experiences that were brought to the western world, along with other traditions during the times of colonialism.

Deep tissue massage was used for decades throughout both countries, but solid guidelines and procedures weren't established until the mid 1900s.

Whether the specifics were adapted after being brought to the west or were a new idea altogether, it is impossible to prove.

The origin of the deep tissue massage does however have some very firm routes in Canada. With everything documented and introduced to the rest of the world in an orderly, detailed, and insightful fashion by Dr. Phrimmer.



Therese C. Pfrimmer



A Canadian doctor, Therese Phrimmer, is credited with establishing **Phrimmer Deep Muscle Therapy**

Her book, *Muscles-Your Invisible Bonds*, became the cornerstone of the treatment and served as a how-to manual for many of the first massage therapists.

Phrimmer says she used a daily regimen of deep tissue massages to cure paralysis in her legs. Her personal experience and detailed book gave her the momentum needed to open her own clinic in 1949.

Phrimmer encouraged slow, long strokes to work stress out of the body.

Gentle but firm pressure is applied to problem areas or knotted muscles.

This kind of massage is designed to reach deeper than a Swedish massage.

A massage therapist may use their thumbs, fists or elbows to apply pressure and unlock tension trapped deep beneath the skin's surface. While firm pressure is applied, a deep tissue massage should never hurt.

What is a deep tissue massage?

Dr. Therese Phimmer and other practitioners since her have given us the tools and understanding to ensure that you fully enjoy your time on the couch.

With the guidance that has been set in place, a considerable amount of time is spent warming up your muscles gently so that the therapist can access the areas required without hurting you.

With your muscles warmed and prepped, your deep tissue massage can reach deep inside to the core of the muscular tissue.

Sustained pressure is placed at the beginning of each muscle and then pushed slowly along the length of it, all the way to the end.

This is a massage that does not simply concentrate on the muscle itself, the deep strokes continue to the connective tissues breaking down any knots, scar tissues, and tension.

Two techniques can be used, both of which you will be likely to experience while with in your session:

- **Stripping** is a gliding pressure that spans the length of the muscle. The technician will use their forearm, elbow, knuckles, and thumbs to ensure that all tissue fibres are attended to and it is hoped that you will feel an immediate release of tension.
- **Friction** is the other technique. This method consists of the pressure being placed upon the muscular tissue and moved across the width instead of along the length as was practiced in the stripping strokes.

This friction releases the scar tissues and realigns the fibres to their original and purpose-built form.

In this way, an initial ping can become a complete unknotting around the whole area that was aching.

A deep tissue massage is not just a firm massage where you apply more pressure as the Swedish Massage form, but instead consists of different techniques that are used to allow the therapist to work beyond the superficial muscles, usually in a specific area, use firm pressure and slow stroked to massage deep layers of muscle and fascia, which is the connective tissue that surrounds your muscles, to reach the deep tissue of muscles which stuck with the bones, ligaments and around the articulations.



Why choose a deep tissue massage?

With so many massage and relaxation techniques available why would you choose a deep tissue massage over a Swedish or Thai one?

Intended for musculoskeletal issues, the deep tissue massage is ideal for sprains, strains, sports injuries, and healing.

It is a well-known drug-free way to relax and repair.

An evidence base is consistently growing, showing that the benefits of deep tissue therapy significantly reduce the reparation time of individual injuries and provide adequate pain management for longer-term conditions like multiple sclerosis.

The Benefits of DEEP TISSUE MASSAGE

Benefits of a deep tissue massage

As deep tissue massages become more popular and research, feedback and longer-term achievements are understood, the list of benefits continues to expand.

It is an excellent way to reduce tension from contracted muscles such as the neck and shoulders.

It has even been reported to ease the symptoms of whiplash, back pain, and sciatica.

Allowing you respite from the uncomfortable pain and therefore improving your quality of life.



More recently, deep tissue massages have been found to reduce the symptoms of fibromyalgia as it is believed to relax the central nervous system.

This form of therapy also affects the hormones that are essential for pain blocking and mood evaluation.

After one of these massages, you will be buzzing with endorphins, serotonin, and norepinephrine.

These hormones also help to manage symptoms from stress, depression, and anxiety so your mental health will have an extra boost.

If this deep tissue therapy was not already sounding like it is overflowing with benefits there are still so many more.

Have you heard of a policeman's heel? Otherwise known as Plantar Fasciitis, this condition is a strain of the ligament on the bottom of your foot, between the arch and the heel.

Between the ages of 40 and 60, this muscle strain becomes more common and many people are having to rest, take anti-inflammatories, and use heat and ice for weeks on end.

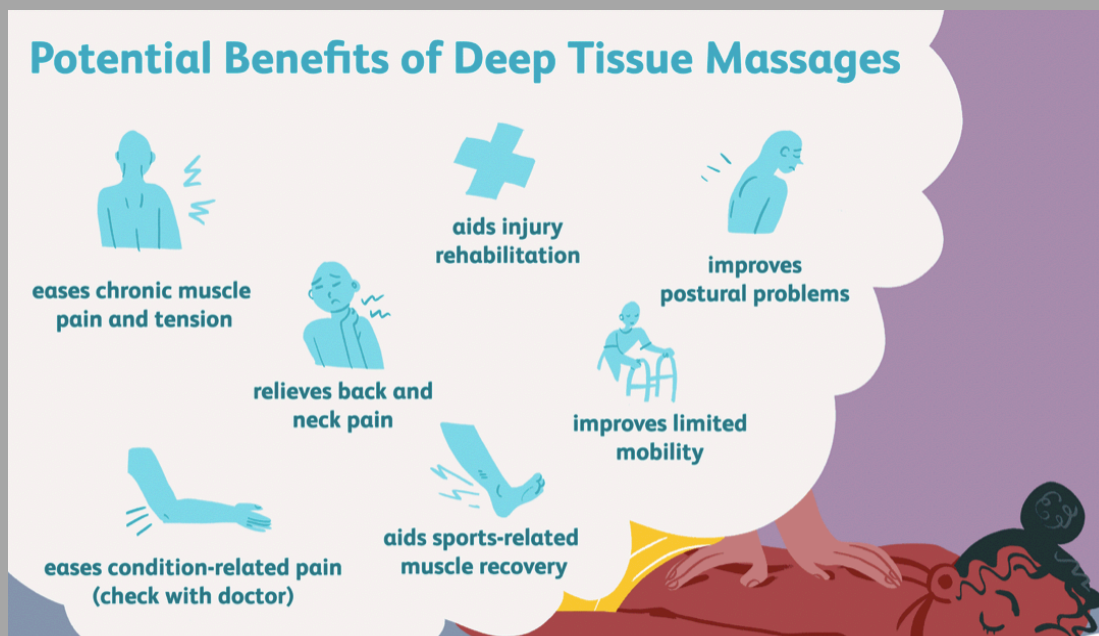
That ache when you first place your foot on the ground in the morning, that continues to come and go throughout the day has an alternative treatment though, deep tissue massage.

If that was not enough this massage increases respiratory function for chronic lung diseases like asthma, promotes faster healing of muscles through the increased blood flow, reduces blood pressure, and helps with other musculoskeletal issues like mobility and posture. The benefits just do not seem to end.

Potential Benefits

Deep tissue massage usually focuses on a specific problem, such as chronic muscle pain, injury rehabilitation, and the following conditions:

- Low back pain
- Limited mobility
- Recovery from injuries (e.g. whiplash, falls)
- Repetitive strain injury, such as carpal tunnel syndrome
- Postural problems
- Muscle tension in the hamstrings, glutes, IT band, legs, quadriceps, rhomboids, upper back
- Osteoarthritis pain
- Sciatica
- Piriformis syndrome
- Tennis elbow
- Fibromyalgia
- Upper back or neck pain



Not all of these benefits have been scientifically proven.

But if you are interested in a massage to prevent sports injury, address sport-specific concerns, or to help with muscle recovery after sports, consider getting a sports massage.

Deep tissue massage techniques are used to break up scar tissue and physically break down muscle "knots" or adhesions (bands of painful, rigid tissue) that can disrupt circulation and cause pain, limited range of motion, and inflammation.

Conclusion

Deep Tissue Massage has many benefits:

- increases the range of motion (ROM) in joints improves blood flow to muscles
- breaks down and reduces adhesions
- can aim to improve postural faults
- can aim to relieve muscle spasm and tension
- improves the distribution of oxygen and nutrients to muscles
- reduces stress on other muscle groups which may be overcompensating loosens the fascia of the muscle

What happens during a deep tissue massage?

Advices for patients

If you have understood that the benefits are enormous, you may be wondering what will happen when you arrive.

As with anything new, nerves are to be expected so we have tried to give you as much detail as possible to put your mind at ease.

Step 1

When you arrive, the first thing you will do is have a chat about what you are hoping to get from the massage.

Which deep tissues you are experiencing difficulties with and what your therapist can do to help.



Although you can ask questions at any point, this is the best time to get the ins and outs of whatever worries you so that once the deep tissue massage begins, you can relax and let the massage revive you.

Which part of the body will be massaged will depend on your problem areas. Some people request a full-body deep tissue therapy session to aid their overall relaxation and to release any small knots and adhesions.

Other people, who are having pains and aches in particular areas, only wish for that site to be concentrated on.

If you are only having pain in your leg, there is not much point to us spending half an hour reaching the deep tissues of your arm and vice versa.

Although a full-body deep tissue massage would be a great way to prevent a build-up of metabolic toxins and small issues before they become debilitating, it is probably not what you came for.

Knowing what you are struggling with allows the therapist to dedicate their time to the area that is going to help you to get back on with your day comfortably and as pain-free as possible.

Step 2

You will be shown to a private room where you will be able to undress alone. You must keep your underwear on, although you will be given a towel to place over yourself. The only part of your body that needs to be available to the practitioner is the area that needs to be worked on.

Therefore, if the practitioner is working on your policeman's heel, you will probably want to keep your top on.

Step 3

When the deep tissue massage begins, a light touch will be used until your muscles are warm. Once this has been achieved the kneading and stroking will begin with varying levels of pressure.

Step 4

The deep tissue massage has finished and although you are feeling so good that you never want it to stop, it is time for the practitioner to leave the room and let you get dressed with privacy.

The therapist will be waiting just outside as soon as you are ready.

At this point, you could book a routine full body massage to catch those naughty muscles before they cause discomfort again.

Does a deep tissue massage hurt?

Some people are nervous about whether deep tissue massages hurt and therefore we have dedicated a section to answer that question specifically.

With any massage, including deep tissue ones there can be some discomfort at times.

This is often because the muscle is tight already and tender, at times there may be a slight pain however that should be brief.

If you continue to feel pain or you feel that the pain was more than you were expecting then please tell the therapist straight away.

Although a little bit of discomfort is to be expected, pain can have the opposite effect to what you are aiming for.



Pain itself can cause a muscle and the surrounding areas to tighten and tie themselves up in knots. If the muscles tighten then the practitioner will be unable to reach the inner depths.

Often all that is needed is to return to the slow movements to warm up the muscles a bit more or to adjust the way that the muscles is worked.

Remember you can tell your therapist to stop at any time!

Deep tissue massage side effects

Even though the benefits of a deep tissue massage are relaxation, reparation, and reduced pain there is the possibility that you will be sore after the therapy.

This can last for a day or two but as soon as that eases the full benefits of the massage will be experienced.

Are deep tissue massages safe?

Deep tissue massages are known to be very safe and beneficial for a multitude of ailments.

As we discussed earlier this therapy can improve symptoms of serious muscle conditions such as fibromyalgia.

It can also help with multiple sclerosis, ALS, and Parkinson's too.

There are circumstances when deep tissue massages would not be advised without agreement from your general practitioner.

If you suffer from a blood clotting disorder you must speak to your GP as there is the possibility that the massage will release one of your clots.



If you are taking blood thinners or have a bleeding disorder then this should also be checked with your GP.

Although people who have been diagnosed with cancer will feel the benefits of a deep tissue massage it is essential that you speak to your usual doctor first, there may be another massage therapy that would be more suited to your condition.

It is not recommended that Osteoporosis sufferers receive a deep tissue massage as if the bones are weak then the pressure could cause a small fracture.

As your therapist will be thoroughly trained in, and practice such a variety of massage therapy techniques, they will have an alternative that may be more suited to your needs.

Deep Tissue Massage VS Swedish Massage

What is the difference?

Deep Tissue Massage therapy is similar to **Swedish Massage**

Both are two popular forms of massage,,,,,,,,,,,,, **BUT**

Swedish Massage uses long strokes and light to achieve kind of pressure to provide gentle relaxation.

Deep Tissue Massage is a more technique that focuses on release tension deeper layers of muscles and connective tissue.

The **deeper** pressure is beneficial in releasing chronic **muscle** tension. The focus is on the deepest layers of **muscle tissue**, tendons and fascia (the protective layer surrounding muscles, bones and joints). It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and **upper** back, **low back pain**, leg muscle tightness, and sore shoulders.

Deep tissue has become an overused term in the massage world, and it usually used incorrectly.

ASSESSMENT TECHNIQUES

The assessment process will take a variety of procedures.

Firstly there will be a **verbal discussion**, completing a consultation form to determine the clients' lifestyle, medical history and also the presenting problem/s.

It is essential, that during this process, you find out as much information as possible on what seems to make any muscular pain worse and if you feel that the client needs medical advice due to the presence of an injury, then to refer them appropriately and do not treat.

As part of your consultation process, below are other ways to carry out an assessment.

Observation

one of the best ways to observe the client is **naturally**, because if you tell someone you are watching them they will unconsciously change their actions.

Watch them as they walk across the room, as they sit down, or reach for their bag.

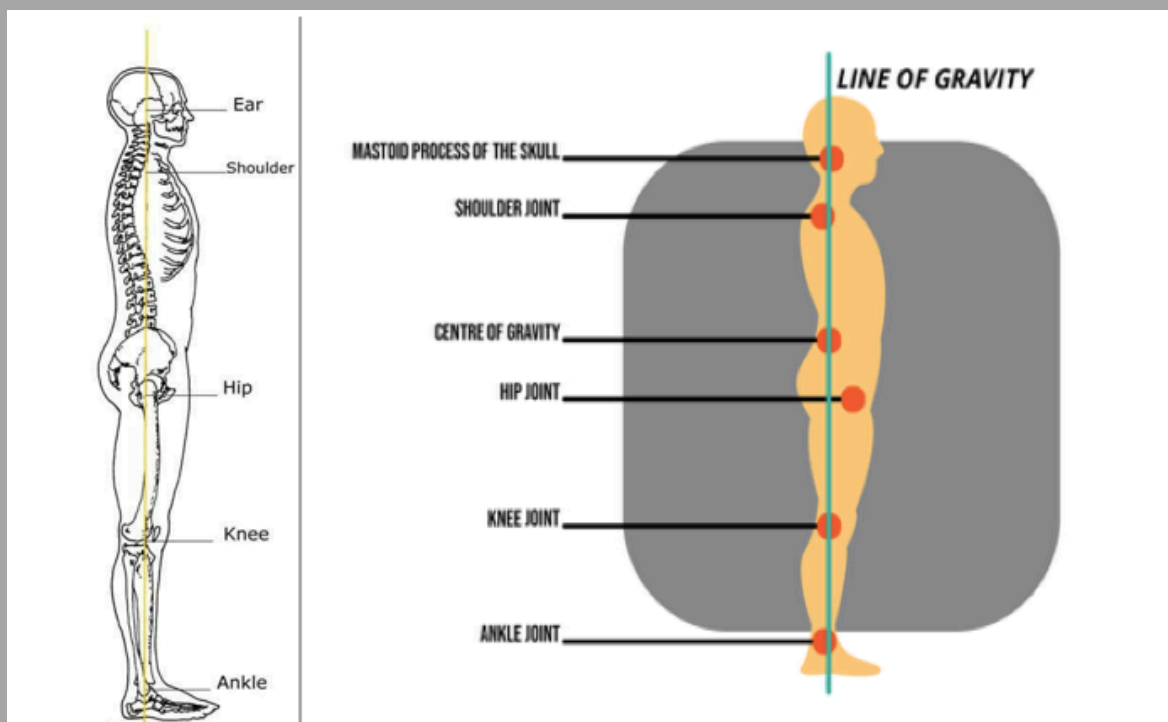
Do they have an unusual way of walking, do they appear to have one shoulder higher than the other etc.

Ideally, ask your client to be dressed in undergarments (shorts/vest), and stand behind them approximately a metre away.

Imagine they have a plumb line running through the body from head to the feet.

The line should run through the ear, through the shoulder, through the hip and knee and be in front of the ankle.

- Start by looking at the head to see if it is level, use the ears as a guide.
- Do the shoulders sit straight?
- Check the “key hole” (the gap between the arms and the body) to see if the gap is wider on one side.
- Do the hands hang at the same length?
- Look at the belt line of the clients’ underwear to see if level, this may indicate scoliosis otherwise.
- Look at the back of the knees to see if the skin creases are level.
- Do the knees turn in or out?
- Check for the alignment of the Achilles tendons to see if there is any thickening of either tendon.
- Look at the angle of the feet to see if they are turned in or out.



Marey El Hamouly-Postural analysis 2016 Switzerland

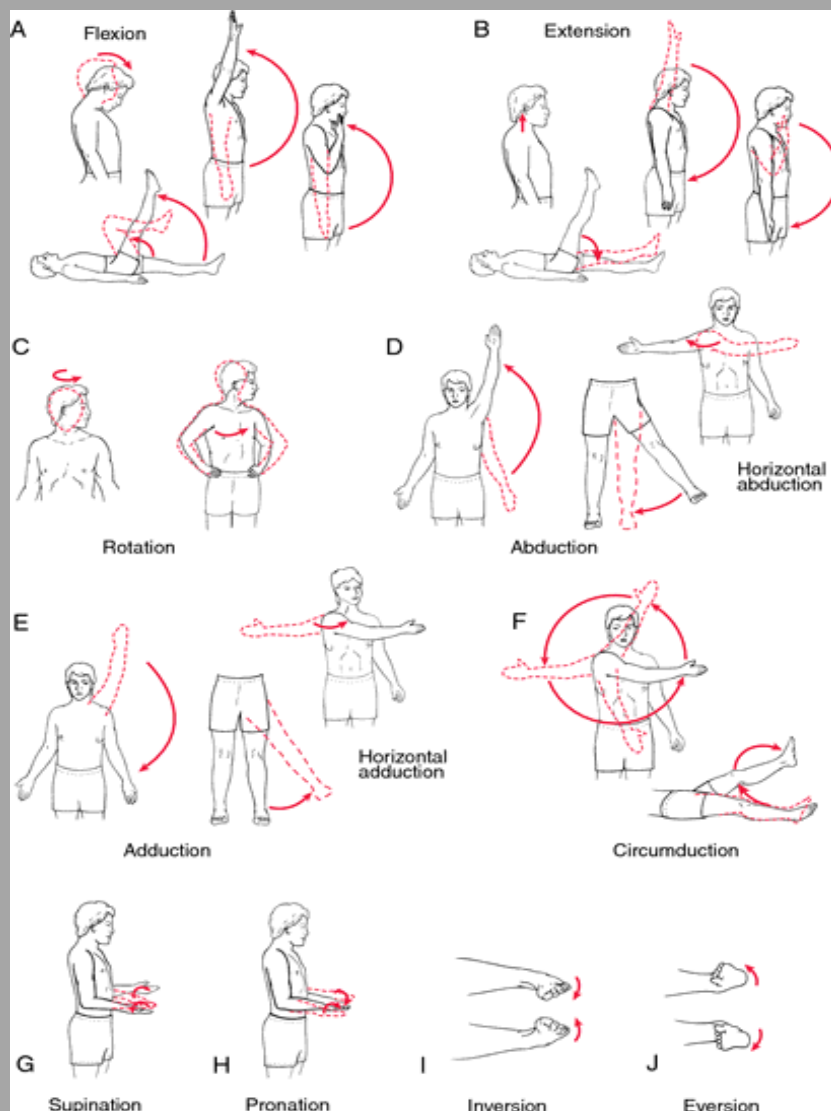
POSTUROLOGY PLAN

Range of Motion (ROM)

Another way to carry out an assessment is to determine the amount of movement which occurs without discomfort or pain.

If you are going to carry this out, demonstrate the movement to your client beforehand and always carry out checks on the unaffected side first, so that you have something to compare it to, then check for restriction or pain.

This is purely as a guide and should not be used as a diagnosis, but can help you understand that muscles may be tight or restricted in a particular area



Marey El Hamouly-Postural analysis 2016 Switzerland

RANGE OF MOTION (ROM)

Palpation

this is the process of feeling with your hands, sometimes before but definitely during the massage and it is a continual process throughout the treatment.

Palpation will give you feedback on areas where you need to concentrate on and with lots of experience your fingers will begin to “see” what is beneath.

During palpation, your fingers move the skin over the underlying tissues so that you are able to determine different textures. This procedure needs to be carried out very slowly.

Below are some of the textures you may feel:

- Soft and pliable: this indicates healthy and relaxed soft tissue.
- Firm and stringy: will usually be tendons, due to their fibrous nature.
- Firm and less resilient: this can indicate thickening of the fascia.
- Dip in the contour of the muscle: this can represent a tear in the muscle.
- Woody and stringy and may “flick”: can signify adhesions of the fascia.
- Firm, gritty and fairly pliable: can indicate recently formed scar tissue. Firm, solid, can signify mature scar tissue.
- Knotty and resistant: this can indicate tension within a muscle.
- Fluid: if there is oedema in the soft tissues, the sensation can be soft and mobile, however if there is excessive fluid then the skin can feel tight, firm and be painful.

What applicator should I use for palpation?

- Flat palpation:

use the fingertips to slide around the patient's skin across muscle fibres.

- Pincer palpation:

pinch the belly of the muscle between the thumb and the other fingers, rolling muscle fibres back and forth.

- Flat hand palpation:

useful in the abdominal region (viscera).

- Elbow: allows stronger leverage which can be an advantage.

- Finger pads palpation:

I prefer to use the 2 Middle fingers to palpate the TPs, remember to cut your finger nails (shorter is better)



(PS: check www.mareyelhamouly.com) Massage Masterclasses
Trigger Points Protocols & Muscle Stretches Release Masterclass



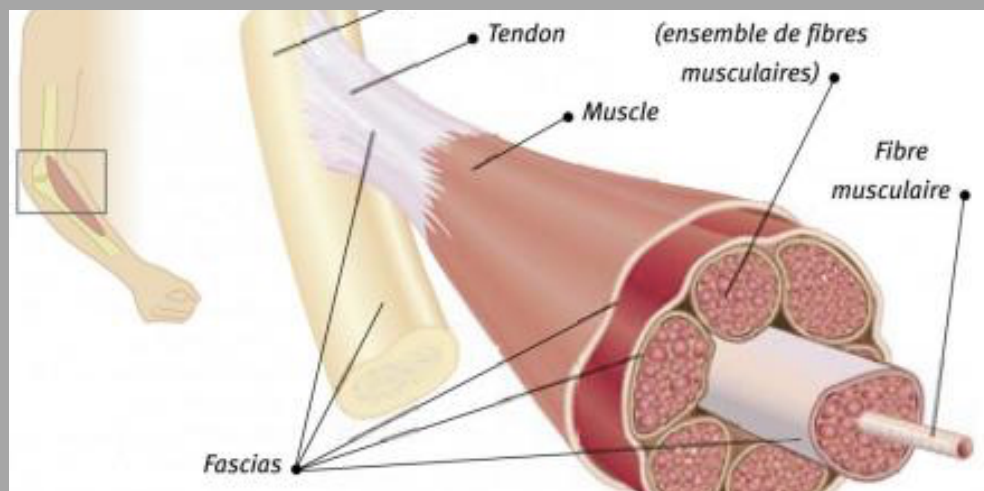
Definitions of Soft Tissue Dysfunction

- **Adhesions** are fibrous bands that form around joints or within the fascia layers.

They are formed from elastic fibres and are usually caused by inflammation or injury and the release of adhesive glycoprotein's which aid the repair process.

You may know adhesions as “knots” “Trigger Points”

Introduction of: **Muscle knots**



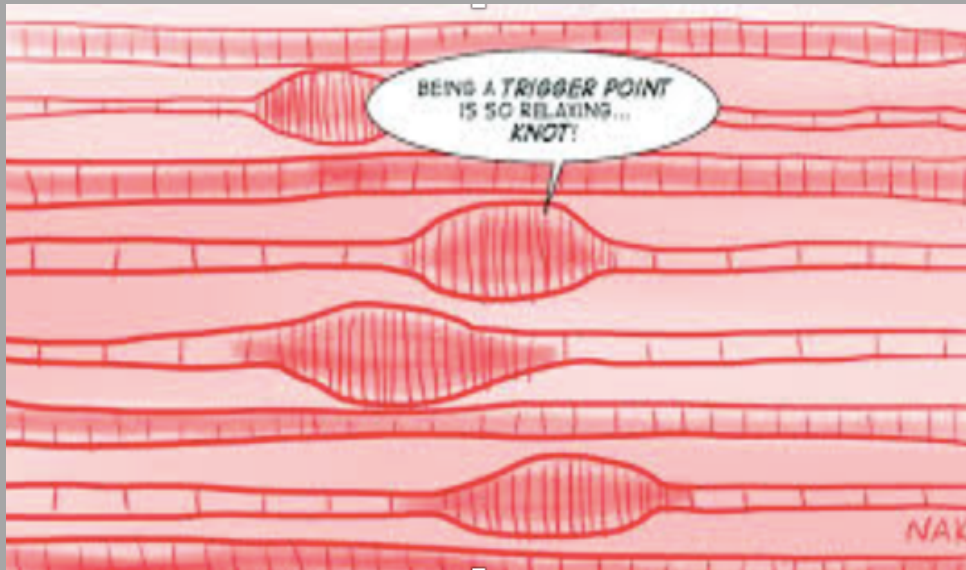
What are muscle knots?

Muscles knots are hard, sensitive areas of muscles that tighten and contract even when the muscle is at rest.

These tense muscle fibers can cause pain in other parts of the body when touched. They're also known as trigger points.

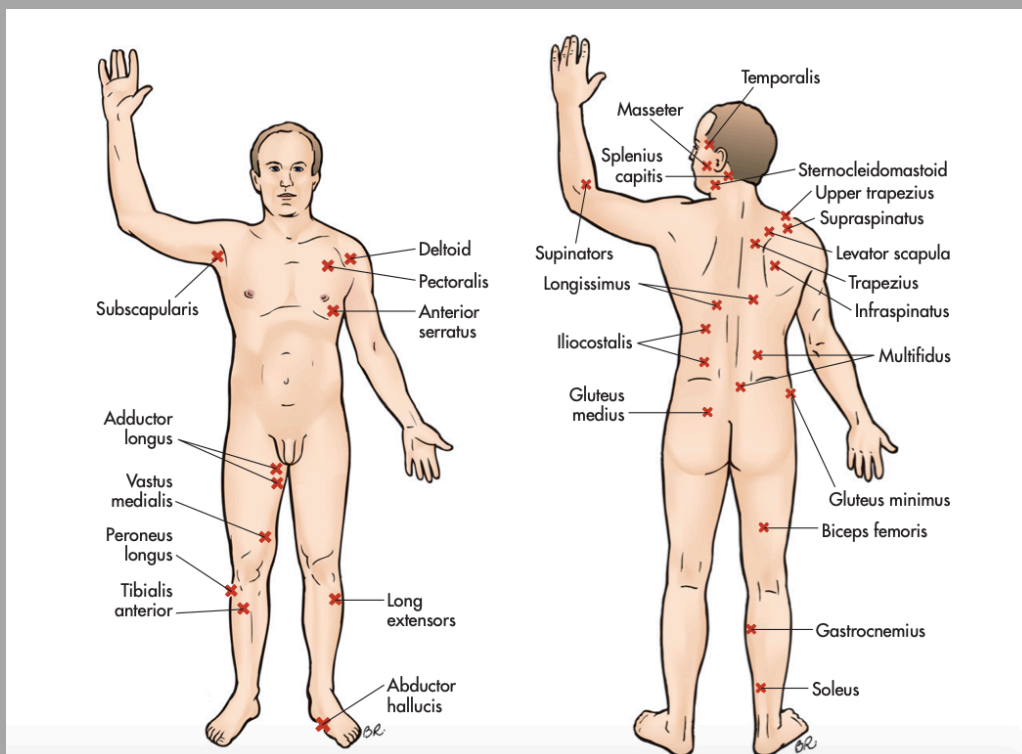
Muscle knots are small, bump-like areas of **muscle** that can be painful to the touch. The medical term for **muscle knots** is myofascial trigger points, these **knots** occur when **muscle** fibers or the bands of tissue called fascia underneath them tense and tighten.

Doctors classify trigger points as either active or latent.



Muscle knots can be caused by:

- a sedentary lifestyle
- overusing or injuring your muscles
- poor posture
- Dehydration, unhealthy eating habits, and stress and anxiety may also contribute to muscle knots.
- Muscle knots can occur anywhere in the body, but they're usually found in your back, shoulders, and neck, they often show up in your gluteal muscles too.



Muscle knots can cause symptoms

Muscles knots can cause aching sensations and pain in your muscles and joints, when you touch a muscle knot, it may feel swollen, tense, or bumpy.

It could also feel tight and contracted, even when you're trying to relax, and they're often sensitive to the touch. The affected area may even become inflamed or swollen.

And, Muscle knots can cause **symptoms** in areas outside of the muscles, including:

- headaches
- toothaches
- earaches

You may also experience stress, anxiety, and depression, and have difficulty sleeping.

Treatment

Treating muscle knots can take time. To get rid of the knots, you'll need to break up the knotted tissue and calm inflamed nerves.

Following are some things you can do to help break up the knots and find relief. one of the best treatment of Trigger Points

Rest

Stretch

Hot and cold therapy

Use a muscle rub

Trigger point pressure release

Physical therapy

Massage therapy

Self-massage

Swedish massage

For more education about these Massage treatments:

PS: check www.mareyelhamouly.com . Marey El Hamouly Massage Masterclasses

Deep tissue massage

This type of massage uses forceful strokes to release chronic muscle tension, it targets the deeper layers of muscle and connective tissue.



It's often used to treat muscle damage from injuries. Sports massage therapy, This massage technique is geared especially toward athletes. It can be used to prevent or treat injuries.

When to seek help

Untreated muscle knots can cause chronic pain and lead to other health issues.

Patient has to See his/her health care provider if he/she has taken measures to relieve his/her muscle pain, but it persists. He/she should also call his/her doctor if pain becomes severe and is interfering with his/her daily life and well-being.

It's possible that what seems like a muscle knot could be something else, such as a swollen lymph node.

For more education about Trigger Points Release

PS: check www.mareyelhamouly.com . Marey El Hamouly Massage Masterclasses Trigger Points Protocols & Muscle Stretches Release Masterclass

- **Scar Tissue** is the body's natural response to injury, and its aim is to bring two ends together, for example in a torn muscle.

It is also made of elastic fibres but also collagen and can be sticky in its early stages, causing the fibres to adhere together, causing muscle fibres to clump together over time and preventing the fibres from gliding.

Scar tissue can become as hard as bone, and non-pliable reducing the Range of Motion in a joint.

Generally, the earlier scar tissue is managed, the less damage it will cause.

- **Fibrosis occurs** when excess fibrous connective tissue forms usually due to tissue damage such as repetitive strain.



- **Muscle spasms** are a convulsive muscular contraction which can be a result of tissue damage as the natural response is to contract nearby muscles.

They can also occur if a muscle is overworked or over stretched.

The contraction of the muscle fibres can compress on blood vessels and with a build up of toxins in the muscle, the nerves can become irritated, causing pain.

Principles of Deep Tissue Massage

Principle 1:

Be relaxed, Work deeper, and Never strong

Deep work and strong, these are two different things, and if your hands are shaking from trying to work too hard, work less intense, slower, or switch to another "tool" such as your elbow or forearm.

Principle 2:

Warm up tissues before deeper work using a little oil

A massage typically begins with fairly superficial, general strokes. The pressure should be firm but fairly light to start with.

As the tissues become “warmed up” the therapist should start to apply more pressure, and work into specific areas of tension.

Warming up the tissues prepares the client for deeper work, and it also brings circulation to any problem areas.

If a therapist does not adequately warm up the tissues before proceeding to deeper work, the client will be unable to tolerate as much pressure.

In addition the work which they do will be less effective due to the restricted circulation that is commonly associated with musculo-skeletal complaints.

An oil or lotion is, of course, necessary to prevent rubbing of the skin; however, most students use much more than is necessary.

When you work deeply, it is important to your health that you do not strain yourself.

Too much oil dissipates your energy at the skin layer and not at the depth you are trying to work at, requiring you to waste your energy.

Lotions are usually less slippery than oils and allow you to grip the tissue more easily without too much pressure.

Principle 3:

Work within your client's pain tolerance

Many people seem to come to the massage table with the attitude that the more painful their massage is the more effective it will be.

This belief is often based on their experiences with Physiotherapists or massage therapists with little training.

The fact is that muscles respond to pain by tensing.

If you are working hard enough to make your client tense up, then your energy will be wasted on fighting against them.

Another reason that this doesn't make sense is that we are typically trying with our massage to relax and lengthen shortened, contracted tissues.

Clients with this belief need to be educated.

To ensure that you are working within your client's pain tolerance it's important to regularly seek feedback.

Monitoring the following can provide you with the information needed to keep your pressure at an appropriate level.

- Verbal & non-verbal feedback
- Breathing pattern
- Muscle tension

Please note that the use of verbal feedback in itself is not enough. Just because your client tells you that the pressure is OK, doesn't mean that it is.

If you're using too much pressure, their body will tense. They will often hold their breath.

Pain scales are very useful when applying deep tissue massage techniques, typically a pain scale of 1-5 or 1-10 is used.

If you are going to use a pain scale, it's important that you explain the reasons for using the pain scale, and what the levels of the pain scale mean.

It's especially important that you make it clear which point on the pain scale relates to the point where they no longer find the pressure comfortable, and are starting to tense.

For example

"I like to use a pain scale with my clients, it's important that the pressure I use stays comfortable to you, some minor pain can be useful, but not if it's making you tense up.

I want your muscles to relax and lengthen."

Principle 4:

Flush tissues after deeper work

After some deeper work, a massage therapist should always spend some time applying some lighter, more general strokes through the area that has been worked.



This acts to flush the area of any metabolic wastes that will have been released in the course of the deeper massage, and also to calm the nervous system.

The flushing effects of massage Calming the nervous system is important because pain has a stimulating effect on the nervous system.

Principle 5:

Slow, rhythmical, comfortable massage leads to relaxation and lengthening

You know from your experience of providing relaxation massage that slower, rhythmical massage tends to be more relaxing than faster arrhythmical massage. These same principles apply to deeper work.

Slow deep longitudinal (in the direction of muscle fibres) stretching stimulates nervous-system receptors and leads to reflexive relaxation of the muscle.

Principle 6:

Work slowly

The deeper you work, or the more resistant the muscle is to relaxation, the slower you should work.

When people associate pain with deep work, it's usually because the speed of the work doesn't match the depth or force of the pressure.

Principle 7:

Use indirect pressure

Never press directly on a bone.

The masseur rarely needs to work at an angle greater than 45 degrees.

Nerves and blood vessels have the ability to stretch or move from side to side, but can be damaged if pressed against bone.



This is especially important in the gluteal region, where the sciatic nerve can be easily pressed against the pelvis.

Principle 8:

Work the tendon muscles in addition to working the belly muscles

Often tense due to overload a shortened and inflexible muscle is manifested in the attachment of the tendon to the bone.

Softening the tendon and stimulating the stretch receptors is important for muscle relaxation. This is especially important for long muscles such as the hamstrings.

Attachment work can relax the muscles so much that it takes less time to thoroughly work on the belly of the muscle.

Principle 9:

Use Techniques adapting to each client needs and have a clear understanding of what you want to achieve of depth work

Assess each client visually, by palpation and by interviewing them to identify areas where there is tension.

Too many massage therapists simply start working the same way with all clients and do the massage “mechanically”.

Your goals should dictate your technique.

Principle 10:

Use proper body mechanics

Most of the therapists' injuries are due to the stress of their work.

This may be due to too high a pace of work or due to incorrect body mechanics.

The energy for your work should not come from the contraction of your own muscles.

Either use gravity and your own weight from above, or the force from your feet as you push off the ground.

This part well explained in the Body Mechanics Chapter.

Principle 11:

Don't use your thumbs for deep work.

The thumbs are too important a tool in general massage to be overburdened or injured by deep work. 90% percent of the deep work normally done with the thumbs can be done with the knuckles, fists, or even elbows.

Practice with these tools and they'll be as responsive, comfortable, and efficient as your thumbs.

Principle 12:

Correct working distance from the client

The correct working distance from your client is also important for conveying a feeling that is both relaxed and powerful.

Strength must come from two main sources:

Gravity allows the weight of the therapist to be directed from above the client.

The feet and legs must provide power from the ground.

Most of the therapist's joints should be extended, but not locked.

If you are working too close to a client with crooked arms, the strength must come from the outside muscles, not the energy from the inside.

However, if you work too far away, you won't be able to use your own weight and gravity due to your distance.

Ideal Working Distance In this example, the therapist is at a sufficient distance so that the wrists, elbows, shoulders, and back are extended so that no energy is lost in the flexed joints when pushing off with the legs.

The therapist is also close enough that he can use his own weight to apply pressure from above.

Working too close Here we see that the therapist is too close to his client.

Note the bent right wrist, bent elbows, clenched shoulders, and a forward bend in the lower back.

If the therapist wanted to use gravity more effectively, he could get up on a table so that his arms were extended or he could use another tool such as the forearm.

Principle 13:

Let the body react and stabilize before moving on.

Pronounced changes in the form of a deep breath, sweating, relaxation of a chronically shortened muscle and changes in skin color are signs of activation of the autonomic nervous system.

If you notice these changes, it is often a good idea to stop actively working and even break contact with the client for a little while to allow the relaxation.

In most cases, bring the muscles into a stretched position to achieve release, or you can work in different area in alternative way



Conclusions

Little oil, Not Fast, DEEP Pressure, NO SKIN POLISH, Happy Pain, 45 /90 Angles, starting position with light pressure, use Body Weight power, Body Weight Transference, NO MUSCLES EFFORT, relaxed and soft hands, shoulders down...etc

SHORT **SHARP**

Long **Strong**

between deep work and deep work

Light **Slight**

DEEP **SLOW**

DEEP TISSUE MASSAGE TECHNIQUES

Interview the clients: listen to the clients well to have the most information about their health problems, all words meaning, explain to them well what will you use as massage techniques and try to answer their questions clear.

Body Contact: how to touch your clients in a friendly and therapy way to deep and profound, to feel the deepest part of you without pressure, you can feel it deep, by the way of touch.

simple interview, sleep problem, fatigue, bad mood, when do you hurt and where? upper back problems, shoulders... etc

How to contact the clients:

1st contact:

Start with Rotation it takes 3-5 minutes of the massage time.

While you do that just think about, what is going on this body without judging them.

Do not start with strong or hard pressure, gradual, by degrees we do it like **airplane landing**, slowly and confidently, what is going on your body? we are here to fix the body, and end of your massage, go out **airplane take off**

2 end contact:

Once you want to switch from your massage to a Deep Tissue Massage as a deeper work, effleurage direct, deep and slow we think about kindness and comfort, no judgement, to make the clients feel like to know what a massage about, what they can expect, to feel they sleeping and sinking into the table, it is concept of touch, and attentions.

As a massage therapist, let your hands go, do not think of next movements, with practice will come easier and light, it will come automatically

- Before any deep tissue work commences, it is essential that you have **warmed up** the area by using plenty of effleurage as you would in a normal massage.

You may find erythema occurring which can be a good indication that there is some congestion going on.

-**Deep Stroking** can be used within your standard effleurage, using the palms of your hands with the pressure coming from the heel of the hand rather than your fingers.

Ensure you are not overstretching whilst performing this move, and you may find it beneficial to lower your couch to be able to apply pressure from your own body weight.

-**Palpation** should be taking place throughout the treatment, running the length of the muscle in a slow motion.

If you want to start working a little deeper, then you can re-in force your hand but ensure you are working slowly to identify any abnormalities in the tissue or muscles.

Return to deep stroking throughout your treatment to encourage the removal of toxins and to keep the muscles warm.

-**Petrissage** can be used to lift tense muscles, only once you have applied plenty of deep stroking to the area.

-**Deep Tissue Frictions** can be carried out using the fingers, thumbs, heel of the hand or even the elbow and can be performed in a number of directions such as circular or across the muscle (cross fibre friction).

-**Frictions** are ideally used where you suspect scar tissue or adhesions have formed, though they should not be used if you suspect an acute injury where there may be inflammation.

Return to this technique throughout your massage rather than spending too long on one area as it can be too stimulating.

-**Connective Tissue Manipulation (CTM)** is a technique that involves stretching connective tissue using the soft pads of the fingers to move one layer of skin on the layer below.

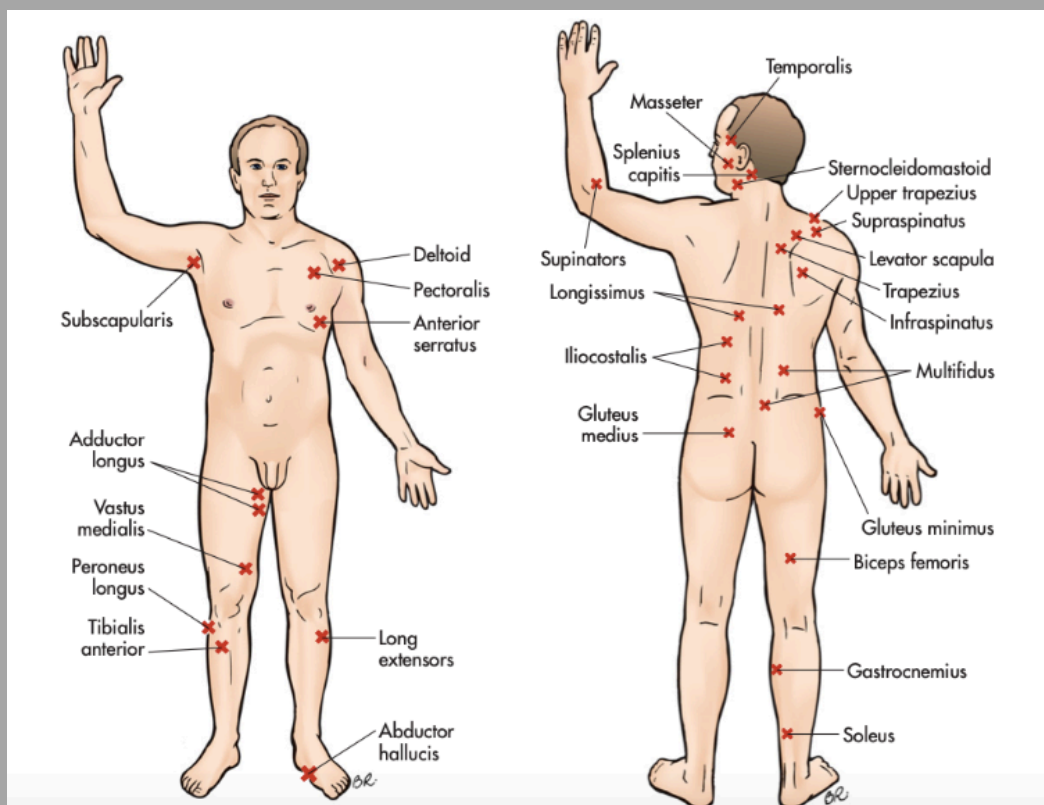
This technique is carried out easier if there is minimal medium being used so it may be necessary to remove any excess oil beforehand to prevent slip.

-**Trigger Point Therapy** is a technique that finds the “trigger point” within a muscle, tendon or the fascia that can be hypersensitive and can radiate pain to other areas of the body.

This area can be as small as a pinhead, and the Trigger Point itself may not necessarily be the area of pain but can refer to the area where there is injury within a taut band of muscle and can act as a reference.

The Trigger Point area can be congested spots within muscles, demonstrating restricted blood flow.

Working on Trigger Points can reduce pain and improve circulation to the area.



-**Mechanical Massage** can provide a consistent, deep and effective form of treatment.

Many therapists like working this way as it can achieve the same results in around four minutes to what it would take manually in fifteen minutes, therefore saving the therapists hands and energy.

Many therapists like working with the equipment as it is also less personal and maintains a consistent pressure.

There are issues that need to be considered however, such as loss of touch, making it more difficult to find areas of tension, and also the importance of not using mechanical massage over a bone or on an endangerment site.

Contra-Indications, Contra-Action and After Care

Because you are carrying out a massage, the usual contra-indications will apply, however there are some specific to Deep Tissue Massage that you need to be aware of:

-**Swelling/inflammation** – avoid the area if any swelling is evident as this can demonstrate bleeding from a torn vessel, with tissue fluid leaking into the surrounding areas.

-**Working on a recently injured site** - avoid the area for 48/72 hours after an injury.

-**Redness or discoloration of the skin** - this can indicate an infection.

-**Sharp, knife like pain (acute)** - this can indicate inflammation.

-**Always work within your own limitations.**

-**If you are unsure** - then always refer to another professional such as a chiropractor, osteopath or even send the client to the doctor.

-**As with any massage treatment there may be some contra-actions** - so it is important to warn your client of them and to provide the normal aftercare that you would for a massage treatment.

-**As you have worked deeper into the muscles than a normal massage treatment** - your client is more likely to feel the after effects!

-**If you have used deep work** - then the area may feel bruised for up to 72 hours afterwards, and the procedure should not be repeated for 48 hours.

How often should you get deep tissue massage?

a Break from Time to Time. For the average person dealing with a mild level of stress and minimal **muscle** strain, scheduling a 45-60 minutes **deep tissue massage** once or twice a month **should** be enough.

It's not a good idea to schedule a massage appointment if you are experiencing any of the following:

- Have a fever
- Are dizzy or nauseated
- Were recently involved in an accident
- Are bruised or have wounds, rashes, or severe sunburn

Can deep tissue massage cause damage?

No. And a few clients **will** actually get hurt.

Same with intense **massage**. ... The risks and side effects of **massage** therapy are usually mild, but “**deep tissue**” **massage can cause** trouble if it was strong.

The massage strokes

Soft hands VS rigid hands

- If your hands are tight and stiff it will not only feel awful for the client but will also be bad (and tiring) for you because the unwanted tension can set you up for injuries.

General strokes

- Transfer your weight from side to side
- Soft hands
- Shoulders down
- Let your body do all of the work
- No sharp angles
- Lean over the client
- It should feel like one long stroke-no jagged movements when you change direction

Thumbs

- Use bodyweight
- No sharp angles at the thumbs
- No jagged movements
- The line of drive goes straight down through the arms to the thumbs
- Transfer weight
- Slow in and slow out on the presses

Forearms

- Arm stays out in front of your body
- Lean weight onto client
- Very little movement through the shoulder
- Transfer weight from front foot

Aftercare

The normal aftercare should apply for a deep tissue massage, but for the client to get the best from the treatment they should be encouraged to stretch afterwards and to hold the stretch for around 15 seconds. This will increase flexibility and will also provide relief for sore muscles.

Communication after the massage

Afterwards, it is good to advise the client that they might feel sore as related to the massage itself. There may be other recommendations that the massage therapist has for the client, such as certain stretches or movements to perform.

The massage therapist should also tell the client to drink ample water.

This will flush out the toxins from the body and rehydrate. There may even be a reason to advise the client to take a warm epsom salt bath or use a heat pad to bring blood flow to the area.

Type of the clients

4 basic personality types

Driver

Motivator

Thinker

Supporter

Driver (Decisive)

Goal oriented, has a plan and sets out to achieve it. Confident and handles stress well.

Skips all the “fluff” just wants the bottom line. Workaholic, works independently.

FOR PATIENTS:

Give the four things every patient wants to know in order and quickly!

1. Can you help me
2. How long will this take
3. What's this going to cost me
4. Will it last

Motivator (Expressive)

Outgoing, enthusiastic, fast paced, optimistic. Builds rapport and relationships easily, usually a motivator in the group, trusting, loves praise.

FOR PATIENTS:

Focus that there is hope and you are excited for them. Tell them of all the things that they will be able to do after the treatment is finished.

Thinker (Analytical)

Detailed oriented, analytical and logical. Likes consistency and continuity. Loves the facts.

FOR PATIENTS:

Stress the statistical success, the research data, tell them where to search for information on you and the procedures on the web.

Give them testimonials and references.

Give them all the data but with stats to back it up.

Supporter (Amiable)

Very calm and consistent. Always on time. Works well with others and is a team player.

Compassionate and well liked.

FOR PATIENTS:

Give office tour. Let them meet the “team” that will be

treating them Let them know that you have a program that is structured and tailored for them.



There are usually six tests commonly run at the start of initial, re-exam, and final patient visit, they are known as ‘Vitals’

- 1-Weight
- 2-Temperature
- 3-Pulse
- 4-Blood Pressure
- 5-Respiration
- 6-Pain

Precautions

The therapist should ask the patient about his/her medical history before the treatment begins, it's important to know if she is - or think she may be - pregnant.

Health and Safety at Work

This protects your rights either as an employer or employee, the law states that the employer must provide a safe working environment, provide health and safety training for staff, produce a written policy of the company's health and safety policy, and ensure that anyone on their premises is not exposed to any health or safety risks.

Medical Disclaimer

It is advised that you take medical advice if you or any of your clients have a health problem and any qualification from Marey El Hamouly will not be enough to qualify you to advise on any medical condition or to diagnose a condition.

PS: Test is an obligation to receive your certificate



Regards

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Sources and Researches

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Marey El Hamouly Clinical cases journal

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REGISTRATION

Ref NO: 003356/2013

NO Cant: CH-217-3552054-5

IDE: CHE-479.356.338

Switzerland-2013

AET

Qualification Accreditation

Number: 601/0143/X

UK 2020

Quality in Empirical Medicine

Register No: E963863

Switzerland-2021



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These are not original photos and I collected it since my studies before, you can find better quality on google or Anatomy Atlas. (I hope it can help)

Myoskletetal images

