Deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia. It's used for chronic aches and pain, including a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

**Benefits of Deep Tissue Massage**

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

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