# Deep Tissue Massage - Lower Body
## with Dr. James Mally

Deep tissue massage is one of the most in-demand modalities.

When proper techniques and body mechanics aren't used, giving a deep tissue massage can be rough on the therapist.

### Work Smarter – Not Harder

This comprehensive workshop covers many techniques for working deeper and more effectively with clients. With each technique, we'll focus on proper body mechanics to ease the strain of applying extra pressure. Students are often surprised to find that doing deep tissue massage can be easier than Swedish massage, because of the use of leverage and body mechanics.

### Explore Treatment Options for Common Conditions

You'll learn specialized techniques to treat a variety of conditions, including:

**Lower Body:**
- Low back pain
- Sciatic pain
- Menstrual cramps
- Leg Length imbalances
- Knee Pain
- Plantar Fasciitis

**Upper Body: (to be offered in 2020)**
- Headaches
- Whiplash
- Thoracic Outlet & Carpal Tunnel Syndrome
- Rotator Cuff issues
- Slipped Bicipital Tendon
- And more

### Optimize Learning with a How-To Guide

How many times have you taken a class and forgot part of it after you left? We want these skills to stick! You'll receive a workbook with photos and details of the techniques. The workbook will help with learning the concepts in class, and it also makes it easier to review the techniques afterward.
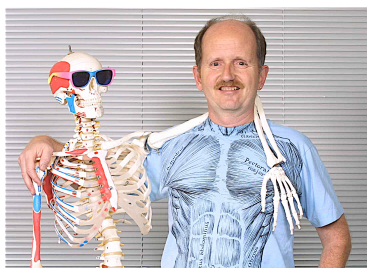
*Dr. James Mally (the one on the right) is an orthopedic massage therapist, teacher, and educational content producer with four decades of experience. He teaches workshops around the globe and founded MassageLibrary.com*

*James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.*

## March 5 & 6, 2019 - Lower Body

Tues. & Wed. 9 am - 6 pm  (16 hours - 16 CEUs)
Tuition: $300 + $20 materials

## Healing Hands Educational Seminars

4600 Brambleton Ave.

Roanoke, VA 24018

540-776-2274

www.crystalshealinghands.com