

Deep Tissue Massage - Upper 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. We'll focus on proper body mechanics with each technique to ease the strain of applying extra pressure. Students are often surprised to find that leverage and body mechanics can make deep tissue massage easier to do than Swedish massage.

Explore Treatment Options for Common Conditions

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

Lower Body: (to be offered in 2026)

- Low back pain
- Sciatic pain
- Menstrual cramps
- Leg Length imbalances
- Knee Pain
- Plantar Fasciitis

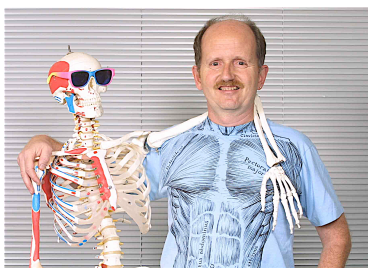
Upper Body:

- 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 forgotten 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 make 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 world 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.

October 4 & 5, 2025 - Upper Body

Sat. & Sun. 9 am - 6 pm (16 hours - 16 CEUs)

Tuition: \$380 + \$20 materials

Northern Virginia School of Therapeutic Massage

6402 Arlington Blvd., Suite 840

Falls Church, VA 22042

703-533-3113

www.nvschoolofmassage.com

