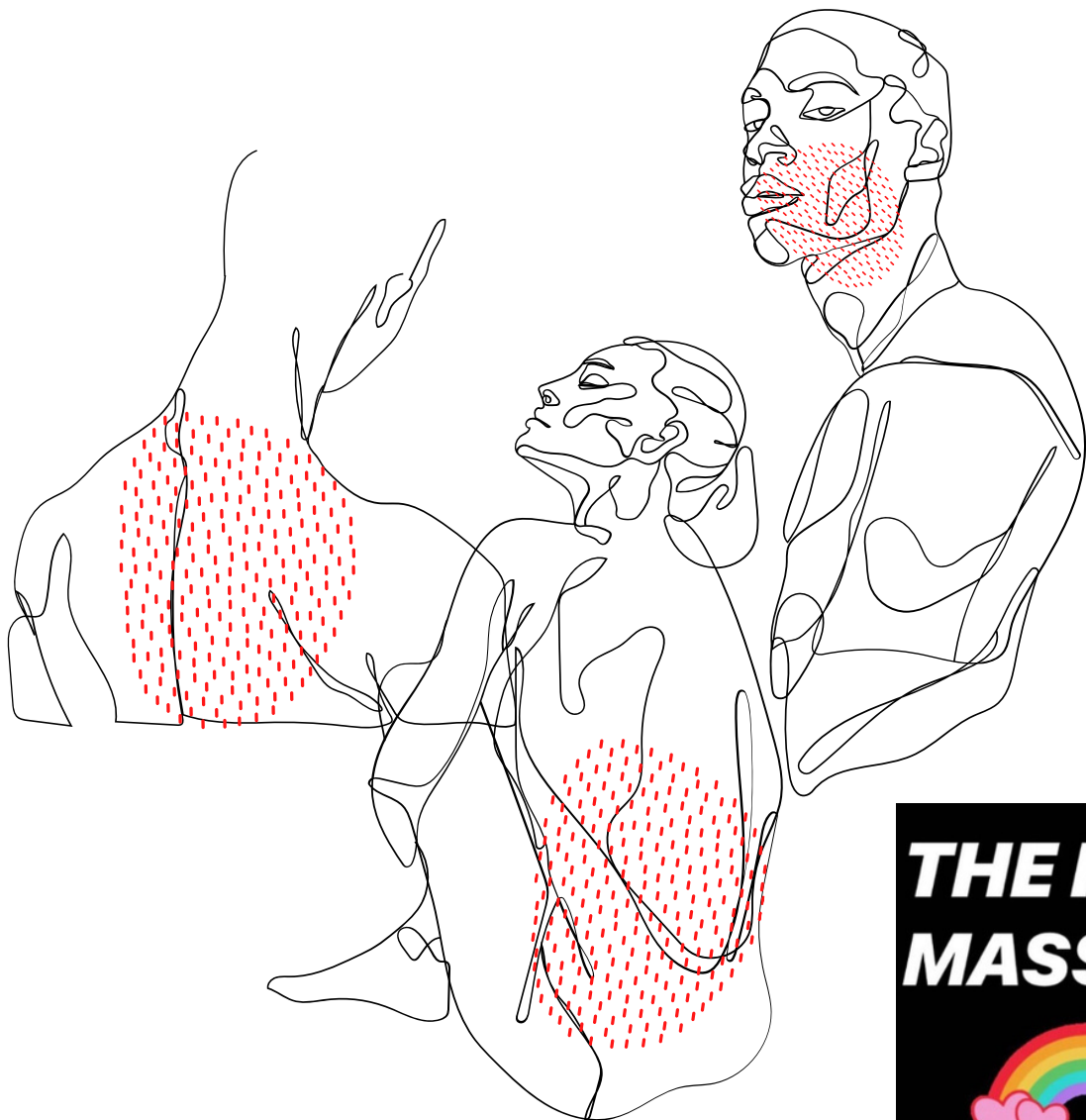


QUEER AND IN PAIN: SELF MASSAGE FOR OUR COMMUNITY

FREE DOWNLOAD



***THE REAL
MASSAGE***



about the author

My name is Ana, my pronouns are she/her and I'm a LGBTQ friendly Massage Therapist based in Brighton, UK. I use massage to help LGBTQ people reconnect with their bodies, release tension, reduce pain and find calm. I've created this free download to run alongside my seminar "Queer and in Pain: Self Massage for our Community." In the seminar we looked more in depth at what sorts of tension and pain LGBTQ people are likely to be experiencing, what causes this and what self massage techniques can be used to help relieve these aches. In this download, I have created a chart to help remind you of what different tensions could possibly mean and what your body is telling you. Listen to your body and show it the self care it deserves.

If you'd like to find out more about my work you can visit me at therealmassage.net or on Instagram @therealmassage



Where is the pain?	Which muscle?	What is potentially happening in your body?
Upper back	Trapezius	Commonly stress
Lower back	Latissimus Dorsi	Poor posture
Chest	Internal Intercostals	Restricted breathing
Pelvis	Obliques, Latissimus Dorsi and Trapezius.	Upper back is tense and/or pelvis is tilting
Neck	Sternocleidomastoid and Trapezius	Unresolved tension from upper back
Shoulders	Trapezius and Rhomboids	Commonly stress or RSI*
Jaw	Pterygoid and Masseters	Acute stress and tension
Joints	Synovial joints	Over use of muscles

*RSI is Repetitive Strain Injury. This occurs when a muscle or muscle group has repeatedly performed the same task. Some common examples can be working at a desk, clicking a mouse, pulling pints, using the gear stick in the car etc. Often this leads to tension which feels as though it is deep inside the muscle.

Medical disclaimer: Whilst these are all common causes of tension and pain in these areas, if you continue to feel tension, please consult with your GP.

This download can be used to help you name the specific muscles effected which will help your GP understand where it is you are feeling pain.