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(54) **Title:** METHOD FOR RELEASING CONTRACTED TISSUE

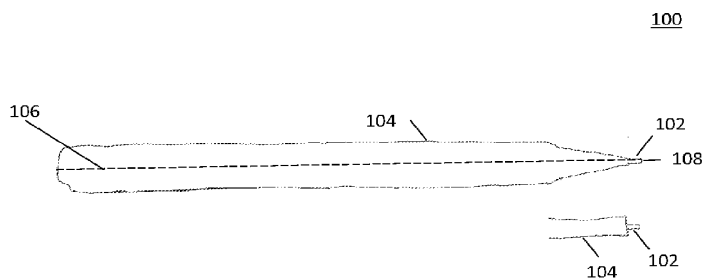


Fig. 1

(57) **Abstract:** A method of releasing contracted tissue in a subject includes identifying an area of skin of the subject under which contracted tissue is present and applying, by a tip of a device, pressure to a first point of the area of skin. The first point is located over a fiber of the contracted tissue. The tip of the massage device has a cylindrical shape having a diameter of less than 1 millimeter and a length of less than 6 millimeters. The applied pressure releases a portion of the contracted tissue under the area of skin.



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