

Sports massage was originally developed to help athletes prepare their bodies for optimal performance, recover after a big event, or function well during training. Sports massage emphasises prevention and healing of injuries to the muscles and tendons.

But you don't have to be in the Olympics to benefit from sports massage. Sports massage is also good for people with injuries, chronic pain or restricted range of motion. Our massage therapist generally concentrates on a specific problem area. (Sore neck and shoulders, anyone?)

Do you suffer from muscular discomfort, tension, aches, or a sports injury?



What Happens During a Sports Massage?

Sports massage is a type of Swedish massage that stimulates circulation of blood and lymph fluids. Some sports massage movements use trigger point therapy to break down adhesions (knots within the muscles) and increase range of motion.

A sports massage is a good choice if you have a history with a specific problem, a tender knee from running for instance. The massage treatment can help keep re-occurring injuries at bay and can support in improving on-going range of movement or flexibility.

For those people with a heavy training load or busy lifestyle a sports massage will support in aiding recovery from training and preventing injuries.

The therapist generally focuses in on the problem area, a tight hamstring for instance, rather than giving you a full-body massage. If you have an expectations or questions about your treatment, please let us know.

If you come to us with an injury your first point of call may be with one of our Physiotherapists, who can help you identify and correct the movement pattern that might be causing your injury in the first place. Then for on-going support and prevention refer you to our Sports masseuse.

What are the benefits of a Sports Massage?

- **Greater flexibility:** Whether through intense exercise, poor posture or injury, our muscles can sometimes become tight which means they can't extend properly and so limit mobility. Sports massage gently stretches, separates and realigns the muscle fibres to restore mobility.
- **Improved blood flow:** Sports massage helps to soften up muscle tissue. Softening the tissue relieves the pressure on blood vessels, allowing them to carry more blood and valuable nutrients to the muscles.
- **Removal of waste products:** One of the reasons we experience sore muscles is a build up of waste products. Intense sports massage flushes out these waste products, cleansing the muscles and aiding recovery.
- **Boosted performance:** Improved blood flow, cleansed and well nourished muscles, more flexible joints and a well recovered body; all of these benefits combine to give an improvement in overall performance. For some this may be improved sporting performance, for others it may simply be being able to walk further without pain.