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Anyone who participates in physical activities can benefit from a sports massage. You don't need to be a competitive athlete to see the changes!



Treatments are individually tailored to suit both the athlete and the sport, with concentration on the areas of the body that are subjected to the greatest strain.

S P O R T S M A S S A G E - H O W C A N I B E N E F I T ?

What is Sports Massage?

Sports massage is a special form of massage that is typically used before, during and after athletic or sporting events. The purpose of this particular form of massage is to prepare the athlete for peak performance, reduce muscle tension, promote flexibility and most importantly to prevent injuries. Sports massage helps to alleviate the stress and tension which builds up in the body's soft tissue. When minor injuries or adhesions occur, massage can break them down quickly and effectively.

With the number of people participating in sports, combined with the increasing intensity of physical exercise, the demand for sports massage is also increasing. Sports massage can help prevent those nagging injuries that so often get in the way of everyday life whether you are a professional athlete, or a weekly jogger!

Contra-indications for sports massage

There are times when sports massage could be detrimental rather than beneficial for you. It is advised *not* to seek treatment if you are suffering from any of the following:

- A body temperature over 40 degrees
- Acute trauma - open wounds, recent bruising, contusions, burns
- -Varicose veins, thrombosis
- Skin diseases - bacterial/viral infection

What are the benefits of Sports Massage?

Anyone who routinely stretches their physical limits through movement, strength training or other physical activity will benefit from massage. Others who engage in strenuous activities during their daily routines can also benefit from massage due to the extent of their activity level. High activity levels are often experienced by construction workers, labourers, mothers with small children and others who use their bodies strenuously in their work.

Sports Massage can:

- Reduce the chance of injury through the loosening of the connective tissues and muscles;
- Improve range of motion and flexibility;
- Shorten recovery time between workouts/sports;
- Increase supply of nutrients and oxygen through improved circulation;
- Enhance the elimination of toxic by-products of exercise.

Received regularly, sports massage can help athletes prevent injuries which might otherwise be caused by overuse. A constant build up of tension in the muscles from regular activity may lead to stress on joints, ligaments, tendons and the muscles. Massage therapy has grown to become an integral part of the new athletic regime from after school athletics to Olympic training!

G O A L S O F S P O R T S M A S S A G E

Pre-event massage

Recommended up to an hour before an event

- Prepare an athlete/active person for vigorous activity
- Create suppleness within the tissue
- Focuses on warming up the major muscles to be used
- Reduce excess muscle and mental tension prior to event
- Improves tissue pliability

Post-event massage

Recommended up to 24 hrs after an event

- Main objective is recovery
- Help to avoid triggering a spasm in fatigued muscles
- Facilitate full muscle relaxation to lower metabolic rate & increase circulation
- Brings blood and oxygen to tense areas and flushes out waste products built up during muscle use

Training/Rehabilitation Massage

Recommended as often as required

- Maintain overall tissue suppleness
- Early intervention of developing problems
- Freeing adhesions and scar tissue
- Strengthening and retraining to promote correct muscle balance
- Improve range of motion and flexibility over time, helps to avoid injury.