



## What is Sports Massage?

Sports massage is a form of massage involving the manipulation of soft tissue designed to benefit a person engaged in regular physical activity.



### Benefits of Sports Massage:

- ✓ Assists in removal of metabolic waste that causes soreness and stiffness.
- ✓ Improves pliability of muscle tissue to benefit range of motion and flexibility.
- ✓ Relieves stress and tension in tight muscles.
- ✓ Frees up muscle adhesions and softens scar tissue.
- ✓ Promotes relaxation and endorphin production which improves mood and stress levels.
- ✓ Boosts performance and functional efficiency.
- ✓ Facilitates good posture.



### What type of massage do you require?

**Maintenance** – scheduled on a regular basis to keep your muscles functioning optimally, feeling loose and free from potential injury.

**Pre-Event** – scheduled a couple days prior to a race or event. It is delivered with a softer touch than a maintenance massage to avoid any potential soreness.

**Post-Event** – scheduled immediately after or within a day or two of finishing an event to facilitate improved recovery and reduced Delayed Onset Muscle Soreness (DOMS).



### What to expect at your initial consultation...

**Health Assessment** – all new clients will be required to complete a health screening questionnaire and have their blood pressure taken.



**Postural assessment** – to identify imbalances or abnormalities that could contribute to pain, discomfort or improper body mechanics.

**Range of motion analysis** – to determine freedom of movement, potential restrictions to movement and markers for comparison before and after treatments.

**Treatment plan** – previous injuries, treatment histories, lifestyle and other contributing factors will be explored.

**Post treatment advice** - remedial exercises and stretches may be shown at the end of the massage for clients to complete in their own time.

### What to wear...

Clients are advised to wear suitable underwear and loose-fitting shorts. Towels and pillows will be used for comfort and to protect the client's dignity at all times.