

# Complementary Therapy Project

## Sports Massage

### What is Sports Massage?

Sports massage is a special form of massage and is typically used before, during and after athletic events. Sports Massage is a deeper more intense form of massage than might usually be used. The purpose of the massage is to prepare the individual for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent and treat injuries. As a result of the uses of Sports Massage, it may also be used to treat a number of other conditions which effects the muscles and connective tissues, ligaments and tendons.

The aim of Sports massage is to help alleviate stress and tension which builds up in the muscles as a result of physical activity, injury or general wear and tear on the muscles. The therapy is therefore suitable for anyone that suffers from a muscular pain, or a niggling old injury.

### What does the treatment involve?

At the start of the first therapy session you will be able to sit down with the therapist and discuss any recent medical issues. The therapist will then leave you in private to undress and to lie face down on the massage couch, covering yourself with a towel.

The therapist will then re-enter to room, and using a range of hand movements will massage the affected areas, using either oils or a massage cream. At the end of treatment session, the therapist will leave the room allowing you to re-dress in private.

### How does the therapy work?

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 in the muscles) and increase the range of motion. At the end of the therapy session your muscles are likely to feel warm and relaxed.

### Benefits of Sports Massage:

- Improved circulation and lymphatic flow.
- Assist in the removal of metabolic waste.
- Sedate or stimulate nerve endings.
- Increase or decrease muscle tone.
- Remodel scar tissue when required.

### What can Sports Massage treat?

Sports Massage can be used to treat a number of conditions including: • Muscular problems • Old Sports Injuries • Fatigue • Stress • Tension.