

What is Sports Massage?

Sports Massage is a therapy that includes movement and postural assessments with soft tissue manipulation. It uses specific strokes to help people obtain recover quickly from injury or obtain maximum performance - both before and after an event or exercise.

What Areas Will Be Massaged?

Sports massage may focus on specific muscles used in your sport or fitness activity. For example, areas of greater stress for runners and cyclists are in the legs and lower back; for swimmers, the shoulders and upper body.



Who Can Benefit?

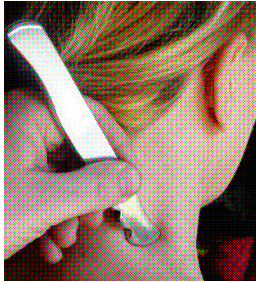
Sports massage is particularly beneficial when an athlete is in training for an event. It's also helpful for anyone who routinely challenges their physical limits through movement. Swimmers, weight lifters, runners, golfers, ball players, skaters, dancers, tennis players, musicians, and boxers, as well as "weekend warriors" and those who practice strength training or aerobics, have benefited from sports massage.



Your therapy may also include a "soft-tissue" treatment using myo-fascial tools.

These offer unique access to your muscles, ligaments, and tendons to complement other "hands-on" work and therapeutic exercises.

The primary goal of Myofascial treatment is the resolution of Fibrous Tissue and Trigger Points which may cause pain referrals and diminished function of your muscles and joints that may lead to conditions like headache, back pain, and sports injuries.



SPORTS MASSAGE



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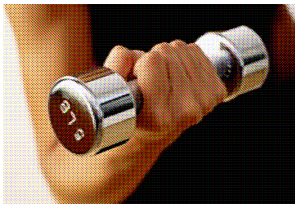
How is Sports Massage Administered?

Sports massage should be a regular part of every athlete's training program. Athletes have different massage needs at different times. There are three basic categories:

Pre-Event: A treatment can supplement to the warm-up. It will boost circulation, increase flexibility and range of motion. Pre-event massage can help prevent muscle and tendon injuries and reduce the strain and discomfort of training. It also can be a great psychological advantage in competition.

Post-Event: Recovery after a competition involves not only the normalization and repair of tissue, but also general relaxation and mental calming. Post-event sports massage increases circulation to quicken the removal of fatigue toxins, relieve muscle spasms, and prevent soreness. It is used to assist athletes in recovery and in regaining their pre-event condition by relaxing and assisting repair of tight, fatigued muscles, tendons, and ligaments.

Training: Throughout training, regular massage helps prevent injuries. Areas of muscular stress can result from repetitive or stressful motion and are typically precursors to injury. Sports massage assists in relieving muscular stress and preventing injuries, enabling better quality training. Adequate recovery is also a major factor in avoiding nagging minor injuries that inhibit maximum performance.



What Are the Common Causes of Sports Injuries?

Injuries are commonly experienced when an individual has over-trained, fails to sufficiently warm up, receives trauma, or has muscular imbalances, poor flexibility, or simply does too much too soon. Insufficient muscle strength and poor muscle tone may also lead to injury or a muscle tear.



How Can Sports Massage Help in Rehabilitation?

Sports massage can accelerate the healing process, increase range of motion, reduce adhesions, and reduce swelling, bruising, and pain. Areas of stress in other muscles, created through compensating for an injury, can be eased with a regular sports massage program.

Sports massage is also used to relieve muscular spasms and fatigue-related injuries.

Why is Sports Massage Recommended?

Muscles

- helps relax muscles
- helps to re-align injured muscle fibers
- maintains and restore suppleness
- to stimulate muscles before an event
- helps restore balance to avoid injury

Nerves

- reduce pain by controlling the 'pain gate'
- stimulates senses to assist relaxation
- METs can be used to increase muscle length and affect 'tone'

Skin

- warms and exfoliates the skin
- improves blood flow
- maintains flexibility of the skin and improves the resilience of scar tissue

Lymph system

- assists the body remove waste products from exercise
- assists the removal of damaged tissues from injury

Sports massage is more than just a reward at the end of a workout.

It is a vital tool for keeping primed for top performance

