



# Sports Massage

*Sports massage Athletes who are looking to improve performance and increase their competitive edge do so by adopting a training schedule to enhance their skill, strength, stamina, suppleness and speed.*

## **What are the benefits of Sports Massage?**

*Massage is probably the most effective therapy for releasing muscle tension and restoring balance to the muscular-skeletal system. Received regularly this may 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 stresses on joints, ligaments, tendons, as well as the muscles themselves.*

*I tend to give, a slightly lighter sports massage. This can be firmer if the client prefers.*

*I find it's a kinder approach to a sports massage, which I have found to be more comfortable for my clients. .*

