

What
Is.....?

Sports Massage

Sports Massage is the discipline that involves manipulation and rehabilitation of the soft tissues of the body e.g. muscles, ligaments and tendons.

Who can be treated with Sports Massage?

Where minor injuries and lesions occur, due to overexertion and/or overuse, Sports Massage can break them down quickly and effectively. Above all, it can help prevent those niggling injuries that so often get in the way of performance and achievement, whether one is an athlete, ardent keep-fitter or a once a week jogger.

This treatment is not just for the sports person: anyone can benefit from sports massage, including people in physically demanding jobs and those not quite so obvious (occupational, emotional and postural stress which can produce many similar characteristics to sports injuries)

How can Sports Massage benefit you?

The Sports Masseur brings together a blend of soft tissue techniques, knowledge and advice during treatment, to work effectively with you to:

- Help relieve your aches and pains
- Help prevent injuries
- Improve circulation & lymphatic flow
- Assist in the removal of metabolic waste
- Remodel scar tissue when required
- Assist in mental preparation for sporting participation
- Relieve your stress and tension

To do this, the treatment you receive may include a combination of techniques involving stretching, compression, friction, toning, and trigger pointing of the soft tissue

A regular Sports Massage Program can be tailored to your individual needs, to positively enhance your ability to move and perform.

The prime purpose of Sports Massage is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity.



**Crystal Palace Physiotherapy
& Sports Injury Centre**

Get help now by calling us on
020 8778 9050