



## sports massage

frequently asked questions



**Sports massage is a specific type of treatment designed to aid muscular recovery from overuse or acute injury. Through a variety of deep tissue techniques, sports massage can reduce levels of muscle tension brought on by injury or occupational stress.**

When microscopic muscle fibres become damaged, the body repairs them with scar tissue. During this healing process adhesions can build up between the fibres, commonly referred to as knots. These affect the elasticity within that particular area of the muscle, limiting movement and eventually leading to muscle imbalance and pain.

A sports masseur can detect these areas of muscle damage long before pain develops and before greater injury occurs. They can also support the healing process by realigning the muscle fibres. Massage can play a vital part in the formation of healthy scar tissue allowing the muscle to return to its optimal condition.

### **What are the main benefits of sports massage?**

- **preventing injury** through the early detection of problem areas and realignment of muscular imbalances
- **breakdown of scar tissue** through soft tissue mobilisation, allowing optimum range of movement in the muscle
- **release of muscle tension** resulting from the repetitive contraction of muscles during physical activity or overuse
- **increased flexibility** through assisted stretching techniques aimed at specific areas of tissue
- **quicker recovery** post activity through the removal of toxins, such as lactic acid, from the muscles and increasing circulation
- **enhanced performance** by reducing recovery time between training
- **separation of muscle and connective tissue** through techniques aimed to break adhesions between muscles, tendons and ligaments, thus allowing smooth and flowing movement.

### **Is sports massage just for sports men and women?**

Absolutely not, anyone suffering from muscular pain related to chronic or acute injury can benefit from this form of massage.

Sports massage can be used not only to treat people involved in sporting activities, but also anyone suffering from muscular pain relating to everyday activities, such as lifting heavy loads, carrying children or repetitive strain injuries.

Although overuse injuries are usually associated with active movement, remaining in a fixed posture at a desk or driving a car for long periods of time can lead to similar problems, such as lower back pain or high muscle tension around the neck and shoulders. Sports massage can be used to treat these types of occupational stress related pain effectively.

Sports massage can also bring outstanding results when combined with regular sports training, ensuring muscles are working in optimal condition, to aid recovery and to reduce the likelihood of injury.



## What is remedial massage?

Remedial massage uses a wide range of basic massage techniques to manipulate the soft tissues of the body.

It has numerous benefits:

- **helps relieve stress** and aids relaxation both physically and mentally
- **improves circulation** of blood and movement of lymph fluids
- **relief from muscle tension and stiffness** through the breakdown of scar tissue and realignment of muscle fibres
- **provides greater joint flexibility** and range of motion
- **reduces blood pressure**
- **strengthens the immune system**
- **improves posture** through the realignment of muscular imbalances

## How is sports massage different from remedial massage?

Sports massage builds on the benefits of remedial massage through the use of advanced techniques specifically aimed at enhancing muscular performance, as well as aiding recovery post injury. It can be used as part of a rehabilitation programme to speed up the healing process on muscle, tendon or ligament injuries. Sports massage can also be extremely beneficial when used pre or post event, helping a sportsman prepare or recover.

## How often should I receive sports massage?

Regular treatment post injury is of huge importance in the healing process and the severity of the injury will dictate how long treatment should continue. Sports massage can also be used as a maintenance treatment to preserve optimal muscle length and reduce the risk of developing an injury. We would recommend monthly sports massage sessions to achieve this.

## Is sports massage painful?

No, it is not meant to be painful, though the communication between client and therapist is vital, as everyone has a different pain threshold. It can at times be uncomfortable, due to techniques being employed to break down adhesions built up within the soft tissues. But sports therapists use a combination of breathing techniques and remedial massage strokes to counter any discomfort.

## How long does a session last?

Sessions last 1 hour.

## What should I wear?

T-shirt, loose shorts and ladies should wear a sports bra.

## How much does it cost?

£50 per session.

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