**C:\Users\tracey\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\XVBQV3X7\MC900252453[1].wmfWhat is Sports & Remedial Massage?**

**Sports massage is a deeper form of massage that can be given before, during and after sporting events, as well as a general maintenance massage. Sports massage is very effective for releasing muscle tension and restoring balance to the muscular-skeletal system. Regular massage can assist with the prevention of injures, especially those due to overuse. Sports massage releases the stress and tension which is placed on the tendons, ligaments and muscles during sporting activities as the treatment focuses on both the origin and insertions of the muscles. Sports massage works at a deeper level within the tissues, to stretch and release any muscle tension. Remedial massage works deeper into the tissues to search for any minor problems that may have occurred. Muscles that are not able to function properly can slow the circulation and cause inflammation through the build-up of toxins. Remedial massage uses specific movements to improve the circulation in order to remove the build-up of toxins and so relieves pain. Remedial massage breaks down scar tissue that has occurred due to an injury which helps to restore the full range of movement to the injured area.**

**Benefits of Sports Massage**

**\* Muscle fatigue is elimated more rapidly**

**\* Muscle soreness will be reduced**

**\* A state of mental & physical relaxation will be achieved in which repair, recovery and wellbeing will be enhanced**

**\* Muscles will be more supple & resilient**

**\* Training will be more consistent with the reward of improved performance**

**\* Flexibility will be increased**

**\* Body awareness will be enhanced.**

**Injuries will be prevented by keeping muscles balanced, relaxed, resilient & free from trigger points.**

**\* Muscle cell circulation, metabolism and nutrition for repair & growth will be increased**

**\* Reduces swelling & bruising, speeds healing & decreases pain**

**\* Creates an appropriate scar which is strong yet does not interfere with your muscles ability to broaden as it contracts.**

**\* Eliminates areas of stress in other muscles created through compensation for your injury.**

**\* Maintains your muscles in the best possible state of nutrition, flexibility and vitality thus hastening recovery & enabling them to function at their maximum after recovery.**