



# Aftercare advice following a sports massage

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During a sports massage there are a number of techniques used, including kneading or frictions of the muscle tissue which are used to stretch and mobilise muscles and joints. These can aid the removal of sticky adhesions and release muscle tension.

Using these techniques effectively requires a degree of applied force to muscle tissues and can result in some potential side effects. These may cause some discomfort in the short term but are only temporary and it is likely that your body may respond differently to somebody else's.

In this blog, I'll identify a number of common side effects and some aftercare advice.

## Side effects

After a massage you may experience side effects. The following symptoms are normal and should not be worried about.

- Feeling dizzy
- Headaches
- Dehydrated
- Feeling cold

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- Localised pain and bruising on the area focused on during treatment
  - Muscle soreness and stiffness
  - Cold/Flu like symptoms
  - Feeling the need to visit the toilet more than usual
  - Sleepy

If you are worried about any of the above, contact the therapist and we will be happy to discuss your concerns with you.

## Aftercare Advice

So, here are my top tips post-sports massage.

1. Keep hydrated!
2. Wrap up warm after your treatment
3. Try to allow enough time for recovery
4. Try not to sit (especially) or stand still for too long after treatment
5. Stretch!
6. Follow the advice that has been given by the therapist

Ideally, it is recommended you leave at least a week between treatments (on the area worked) to ensure your body has enough time to relax and continue the recovery and healing process.

by **Zoe Mckenzie**

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