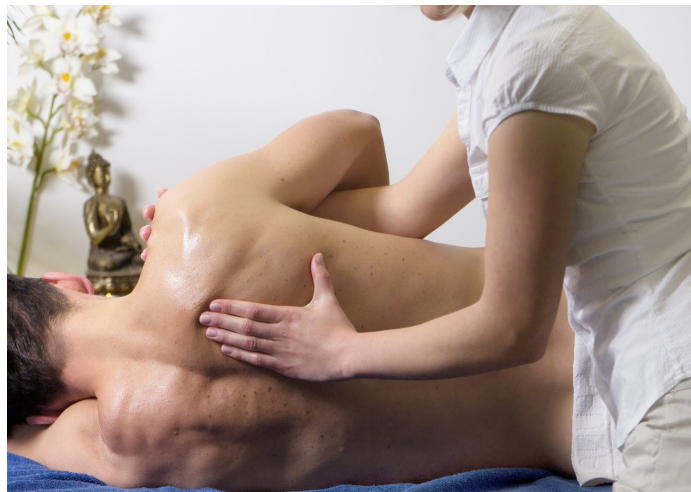




**ZEM Sports Therapy**

# BENEFITS OF SPORTS MASSAGE



## KEY BENEFITS OF A SPORTS MASSAGE

There is vast research which tells you that massage is good for you and we all know that we should look after ourselves, but more often than not we tend not to. There are physical, psychological and physiological effect and benefit of sports massage which include:

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**Assists with recovery (post activity/exercise)** - massage increases the blood flow and flushes out the lactic acid that could have built up during exercise, allowing you to get back in the gym/training sooner.

**Aids healing and repair of muscles** - sports massage techniques can separate connective tissue layer and breaks down scar tissue. This reduces your recovery period!

**Reduces pain** - Massage loosen tight muscles allowing improve blood flow around the body.

**Increase the range of movement** - using longitudinal (long) and transverse (across) techniques to stretch the muscle improves elasticity in the muscle and in turn increasing flexibility.

**Reduces risk of injury** - Massage improves your range of motion and flexibility allowing muscles to work efficiently.

**Improves circulation** - mechanical pumping and squeezing of muscles assists with the flow of fluids (blood) around the body.

Other benefits include:

- Improved performance
- Greater positional awareness
- Increased effectiveness of muscle system