



**ZEM Sports Therapy**

# Does sports massage aid sports performance?

**Are you a national performer aiming to be your absolute best?  
Do you play in a local league wanting to recover well after a tough match?  
Or are you a weekend runner looking to eliminate those aches and pains?**

If so, sports massage is great for all types of people taking part in sport and would certainly help you. Massage can boost performance, aid the repair of injured muscle tissue and help with recovery quicker after an event/ race or match.

There are a number of physiological, psychological and physical benefits and effects of sports massage to sports people. Below are a number of examples of this:

- **MORE MOBILE** - Increases elasticity in the muscle which aids improvement in the flexibility of muscles and in turn the range of movement at a joint.
- **RECOVER QUICKLY** - We have all experienced the dreaded effects of DOMS (Delayed Onset of Muscle Soreness) after a tough session, match or race. DOMS creates a loss of strength and flexibility in muscles. A massage can aid blood circulation and flushes out toxins and lactic acid build ups.
- **INCREASE BLOOD FLOW** - Improves blood supply to muscles taking oxygenated blood to the muscles (circulation) and aids the repair of muscles.
- **STOP THE CRAMPS** - Decreases the likelihood of muscle spasm by flushing out the lactic acid build up it allows oxygenated blood into the muscles to aid repair and recovery.

- **GET IN THE ZONE** - A pre event sports massage can reduce muscle tension and help prepare an athlete for competition.
- **STAY INJURY FREE** - Helps to reduce muscle tension and improves tissue elasticity so the athlete can continue to train hard and compete with fewer injuries.
- **TIME TO RELAX** - During the treatment, massage can lower heart rate and in turn reduce anxiety. Massage also decreases the levels of stress as it releases endorphins (happy hormones) which help to regulate mood and reduce tension. It can allow help an individual sleep better.

If you are a regular gym goer, fitness geek, elite athlete or a weekend runner you are more likely to benefit from a sports massage or deep tissue massage than a soft and light and relaxing spa massage.

## When should I book?

Depending on your sport, it is recommended that you schedule a treatment once a week. If possible, you should try and add a massage into your training schedule. If a massage once a week is not financially realistic, try fortnightly or twice a month. Treatment times range from 30-60 minutes appointments depending on your need.

It is important to see your sports massage as a preventative measure like you would with stretches or joint stabilisation exercises - the more regular you receive a massage, the more you'll see the rewards from it.

If you are requiring a maintenance massage, having it on a rest day or the evening after a tough session is advised.

### **ARE YOU CARRYING AN INJURY?**

Massage can take place 72 hours after the injury occurred. If you have any concerns, it's best to speak with the therapist before you attend.

Most therapists may recommend particular stretching and other exercises for you to complete at home.