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Gift Vouchers  
for friends and relatives

Sport and Remedial Massage Therapy

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## What is Sports and Remedial Massage?

Sports and remedial massage therapy could help you if you have a soft tissue injury, imbalance or tension points resulting from over-use or acute trauma.

It works on injuries or problems associated with muscles, ligaments or tendons, such as -

- > sports related tissue injuries – impact
- > technical over-use injuries
- > tennis elbow
- > frozen shoulder
- > golfer's elbow
- > sprains, strains
- > muscle imbalances – pelvic twist
- > shoulder and neck problems
- > chronic postural problems
- > back problems – upper and lower

## Massage for the Non Sports Person

The benefits for the non sports person can be -

- > **Relief from chronic tension** – chronic tension starts with tearing, over-use or overloading of a muscle many months, or even years, before any pain is felt. Sports massage can help to breakdown any scar tissue or adhesions which have reduced or limited contracting or stretching.
- > **Relief from muscle imbalance** – these result from the over-use and repetition of muscle activity (RSI). This can be through occupational, postural, emotional or sporting situations. They are related to your bone structure, muscle type, habitual movement patterns and sided dominance e.g. right or left handedness.
- > **Relief from joint pain** – joint pain occurs when a muscle imbalance continues for some period of time. Here the muscle imbalance can cause instability and as joints are points of weakness this may be where the imbalance shows its effects.

Please be thoughtful enough to give 24 hours' notice if a cancellation is necessary or the cost of the treatment may be charged.

## Massage for the Sports Person

The benefits of sports massage for the sports person, athlete or performer can be -

- > **Improved quality and quantity of training** – it can improve circulation, improve rest periods, can increase knowledge and awareness for stretching, warm-up and cool down.
- > **Injury prevention** – regular massage can highlight potential problems in soft tissues and help to modify training programmes appropriately.
- > **Improves performance** – it can help fine tune a training programme, allow the sports person to work closely with the therapist, promote flexibility, mobility and release tension, help prepare the sports person for performance through pre-event massage and can help speed up recovery, reducing tissue damage.
- > **Improves self awareness** – it can help inform the sports person and allow them to monitor their own condition during their preparation, performance and cool down.