



Sports Massage



Overview

If you're an athlete, you know how important it is to take care of your muscles and joints. Muscle aches and stiffness can lead to injury, and vigorous exercise can injure your tissues. Sports massage may help. It's designed to care for athletes, but this technique can be helpful for anyone.

Evaluation

Before a sports massage, your therapist will talk to you about any pain or problems you may be having. You discuss any specific parts of your body that you want the therapist to focus on. Different sports work different muscle groups, and your therapist will adjust your care plan to meet your needs.

Massage Session

During the massage, you lie comfortably on a padded table as your therapist uses a variety of techniques to stretch and stimulate your muscles and joints. A sports massage before strenuous exercise can help prevent injury. A sports massage after competition can help your body relax and heal.

Safe Care

Sports massage is a safe and effective way to help your body stay healthy. You may benefit from a continuing care plan.