

# Sports Massage



## What is Sports Massage?

Sports Massage is a special form of massage and is typically used before, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries.

Sports Massage can also include pre-event, post-event and maintenance techniques that promote greater athletic endurance and performance, lessen chances of injury and reduce recovery time.

We cover sports games ranging from GAA games to Golf games.

Email [lucia@aspirehealth.ie](mailto:lucia@aspirehealth.ie) to find out how we can help you.

**Sprained Ankle/ Wrist injury • Extremely knotted shoulder muscles • Leg muscles in spasm**

## Purpose of Sports Massage?

The main purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. The massage will help prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. Sports massage can help prevent those nagging injuries that so often get in the way of performance and achievement, whether a person is an athlete or a once a week jogger.

## Types of Techniques?

Depending on the needs of the athlete, a variety of techniques are used. The technique often involves a blend of traditional Swedish Massage and Shiatsu specifically designed to treat professional athletes.

Each type of sport has different demands on the players. Each sport uses muscle groups in a different way. Sports massage is designed to address those specific concerns and may differ according to the sport the athlete plays. Sports massage can be aimed to help heal strained muscles and allow healthy ones to reach peak performance and maintain it while minimizing the risk of injury.

## Benefits of Sports Massage?

Sports massage has many benefits. In addition to FEELING GOOD, sports massage reduces the heart rate and blood pressure, increases blood circulation and lymph flow, reduces muscle tension, improves flexibility, and relieves pain. Each sport and athletic event uses muscle groups in a different way.



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