










The Benefits of Sports Massage

Primary benefits:

-  Release muscle tension
-  Improve circulation
-  Increase tissue permeability and elasticity
-  Functional separation of muscle and connective tissue

Secondary benefits:

-  Reduction in pain
-  Improved tissue strength
-  Improved range of movement
-  Faster recovery
-  Improved mental state

Alleviate tension and stress associated with work, life, injury, or a big race



Injury Prevention
Injury Recovery
Improved
Performance