

Bonne Santé

Therapy Centre

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SPORTS MASSAGE

WHAT IS SPORTS MASSAGE

Sports Massage is the term applied to the use of massage for the specific benefit of participating in sports or exercise. It covers the management, manipulation and rehabilitation of the soft tissues of the body eg. muscles, ligaments and tendons.

Sports massage should be tailored to each individual's needs to positively enhance ones ability to perform.

BENEFITS OF SPORTS MASSAGE

- * Improve circulation & lymphatic flow
- * Assist in the removal of metabolic waste
- * Sedate or stimulate nerve endings
- * Increase or decrease muscle tone
- * Increase or decrease muscle length
- * Remodel scar tissue when required
- * Assist in mental preparation for sporting participation

Sports massage can be beneficial at various stages of participation.
For example:

- * The conditioning / training phase
- * Pre competition
- * Inter competition
- * Post competition
- * Post travel
- * Injury prevention
- * Injury recovery

Regardless of whether you exercise or play sport to keep fit, or compete from club to international level, then sports massage may be of benefit to you.

A Centre of Excellence for Complementary and Alternative Therapies in Comfortable and Relaxing Surroundings for Male and Female Clients of all ages