

# Sports & Injury Massage

## How does Massage Improve Athletes & Injuries?

Massage can be used to aid in pain management as the injury is nursed back to full strength. By committing to a continual massage program, you can accelerate the recovery process after suffering injuries.

Your massage therapist wants to help you feel better and the only way he or she can help make that happen is by having you disclose information about any ailments you may have.

Sports massage therapy is geared toward athletes of every kind, from world-class professionals to weekend joggers. The particulars of the sports massage technique are specific to the athlete's sport of choice. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements. Aspects of sports massage therapy are gaining popularity as useful components in a balanced training regimen. Sports massage therapy can be used as a means to enhance pre-event preparation and reduce recovery time for maximum

performance during training or after an event. Athletes have discovered that specially designed sports massage promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares their body and mind for optimal performance.

One of the key benefits of Sports massage therapy compared to other modalities is its ability to target muscle-tendon junctions.

**Sports Massage** is a deeper more robust massage than Remedial. The practitioner uses specific skills and works closely on problem spots, ligaments, muscles and tendons and usually includes stretches that benefit the whole body, and helps to eliminate lactic acid build up. Sports massage is both preventative and therapeutic, and used for athletes during warm ups, training and competition to treat and/or aid in the prevention of injuries; help improve flexibility, range of motion,

From a sprained ankle or twisted knee to muscle spasms or broken bones, massage can provide the opportunity for faster recovery. With the pressure of the therapist's hands improving blood flow, muscles become warmer. By stretching tight tissues and breaking down adhesions, massage can help flush out swelling in joints, allowing for quicker healing.

For hamstring injuries, the effect of stretching out tightness and loosening scar tissue can aid in recovery. And for back and neck spasms or nerve pain, various types of massage can help:

- ❖ Swedish Massage -- according to WebMD, the light to medium joint movements of Swedish Massage "can be both relaxing and energizing and...even help after an injury"
- ❖ Deep Tissue Massage -- helps flush lactic acid and other metabolic waste from your muscles, allowing more oxygen-rich and nutrient-filled blood to flow in

and performance; and aid in

mental clarity.

## Broken Bones and Burns

If you're recovering from a broken bone, you'll want to eliminate stiffness and improve mobility in the problem area. Sports injury massage or any injury massage therapy can help reduce stiffness, restore movement, and provide relaxation that helps you focus on healthy healing instead of soreness and anxiety.

Burn patients studied in the Korean Journal of Hepatology reported that those who received three months of massage therapy during skin rehabilitation

experienced less itching and less depression, along with improved skin healing.

Americans, too, "are looking to massage for much more than just relaxation," says Mary Beth Braun, President of the American Massage Therapy Association. The AMTA's 2010 nationwide survey revealed that, in addition to providing stress relief, "Massage therapy can be effective for a variety of conditions, including arthritis, lower back pain, insomnia, headaches, anxiety, circulatory problems and

recovery from a sports injury."

## Massage Therapy Improves Post-Operative Surgical Rehabilitation

An important aspect of any surgical procedure is the post rehabilitation recovery process. It's during this process that natural movement is re-learned, and freedom of movement is re-enforced. Massage plays an important role as a supplement to standard rehabilitation procedures after surgery.

### Spine surgeon Johnny

Rehabilitating any injury can be a tiring and frustrating process. While the main goal of physical rehabilitation is to increase strength and flexibility, it often ends before the area has been returned to its full pre-injury state.

Massage plays an important role as a supplement to standard injury rehabilitation procedures. By encouraging circulatory movement and relaxing muscles, massage helps the body pump more oxygen and nutrients into tissues and vital organs. This allows the rehabilitating injured area(s) to become more flexible and heal at an accelerated rate.

### C. Benjamin explains how massage can help promote healing.

"Massage is great in helping to bring blood and nutrients to the affected area to repair the soft tissue. Massage also can help break up scar tissue and keep the muscles supple so less scar tissue develops in the first place."

By increasing circulation while relaxing the muscles, massage can help the body pump more oxygen and nutrients into tissues and vital organs. This allows the surgical rehabilitating area(s) to become more flexible and heal at an accelerated rate.

Even when there's no injury, massage can help athletes of all levels improve their flexibility and muscle suppleness. Our professional massage therapists can also stretch the muscles in trouble areas, promoting increased flexibility when the body is warm and more elastic.

When you book your massage, request a therapist experienced in sports massage, and ask that special attention be paid to any injured areas.

## Benefits of Improved Post-Operative Surgical Rehabilitation

- ❖ Assists the body in pumping more oxygen and nutrients into tissues and vital organs
- ❖ Accelerates the surgical recovery process
- ❖ Aids in improving joint movement and flexibility