



## Sports Massage



### What is it?

It's a massage technique that aims to aid the correction of problems and imbalances in soft tissues sustained during physical activity. The techniques include deep tissue massage, trigger pointing and facilitated stretching. The objective is to aid recovery and leave the client able to move more freely.

### The benefits

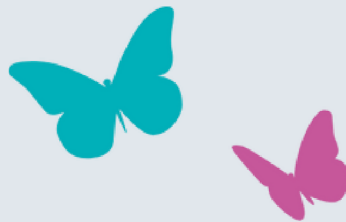
Reduces pain

Increases blood flow

Reduces inflammation

Increases range of movement

Relaxes and reduces muscle tension



### Who is it for?



Anyone who has muscular tightness and/or imbalances; this may be from general postures, prolonged sitting, overuse of particular body areas in sports or day to day activities



Those who conduct regular manual work; you may lift loads regularly in your job or hobbies. Dependent on your technique this can cause imbalances



Those who participate in sports or regular physical activity; you may feel you want to aid recovery between training sessions

## Who is it not for?

Massage has risks to some people therefore it is not advised in all cases. If you have any of the medical history in the list below you may be advised against a massage or further liaison with your doctor may be required before beginning treatment. This is to ensure your safety and that the treatment being conducted is going to be of benefit for you.

- Stroke (within 6 months, you may be asked to consult your doctor)
- Undiagnosed severe headaches
- Heart attack (within 3 months, you may be asked to consult your doctor)
- Cancer (if undergoing treatment, you may be asked to consult your doctor)
- Haemophilia
- Severe anaemia
- Advanced cirrhosis
- Hepatitis
- Pregnancy
- Infections
- Open wounds
- Fever



## What to expect...

### During your session

Normally a gel, cream or oil is used for treatments; if you have a preference to a certain product, please feel free to bring it along and speak to your therapist.

You will be expected to expose the area of focus during the massage, modesty towels will be used throughout the massage.

### After your session

Common symptoms following a massage include muscle soreness, fatigue, increased thirst, headaches, cold like symptoms.

After your massage you should drink plenty of fluids but avoid alcohol and caffeine. Keep moving, but avoid intense exercise for 24hrs.

## Meet our sports massage specialist



Rachel Jones is an experienced physiotherapist and sports massage therapist. She has a background in neurology and musculoskeletal conditions and enjoys working in acute injury prevention and management in the sports setting. Rachel has practised as a Sports Massage Therapist within clinics and sports since completing her diploma in 2014.

For more information, visit our website [www.neurocarephysio.co.uk](http://www.neurocarephysio.co.uk) or get in touch with our team.

Email [info@neurocarephysio.co.uk](mailto:info@neurocarephysio.co.uk) or give us a call on 01524 727716

