

Benefits & Effects Of Sports Massage

Sports massage has numerous benefits for the athlete both physically, physiologically and psychologically. Sports massage should be playing an important part of the serious athlete whether they are injured or healthy.

Sports Massage benefits:

- Prevent injuries
- Improves and maintains the body in better overall condition
- Increases flexibility and range of motion
- Restores and cures mobility to damaged muscle tissue
- Increases performance over competition
- Extends the overall life of an athlete

Physical benefits:

- **Blood & Lymph Flow** – This is extremely important for overall muscle health. Especially important to tight or damaged tissue as a tight or damaged muscle will squeeze blood out like a sponge, depriving the tissue of vital nutrients and energy required for repair.
- **Increased tissue permeability** – Deep tissue massage causes the pores in tissue membranes to open thus enabling fluids and much needed nutrients to pass through. This aids in the removal of waste products and encourages the muscles to take up oxygen and nutrients which are imperative for quick recovery.
- **Stretching** – Sports massage stretches tissue that can not be stretched by any other means stretching both lengthwise and crosswise. It also stretches the fascia or sheath surrounding the muscle bundles releasing any build up of pressure or tension.
- **Improves muscle elasticity** – Hard training can make tissues hard and inelastic. Resulting in no improvement while training hard. Massage helps reverse this by stretching the tissues.

Psychological Effects:

- **Reduces pain** – tension and waste built up in tissues can cause pain. Massage aids in many ways including releasing the bodies own endorphins.
- **Relaxation** – muscles relax through the heat generated, circulation increase and stretching. Receptors that sense touch, pressure, tissue length and warmth are stimulated causing a reflex reaction.
- **Reduces anxiety** – Through the above mentioned effects relaxation is induced thus relieving anxiety.

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