

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