










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