

## The Benefits of Sports Massage

- Massage provides a circulatory effect of both blood and lymph fluids, helping to maintain the muscles and soft tissue in an optimum state of nutrition.
- Massage reduces hypertonicity of the muscles creating improved tone, flexibility, and relaxation, as well as promoting overall muscle balance.
- Massage enables the athlete to recover more rapidly and completely from injury. This reduces the likelihood of chronic problems and further injury.
- Massage reduces muscle soreness enabling the athlete to train and perform more consistently at a higher level.
- Massage directly benefits the muscular, skeletal, nervous, circulatory, and lymphatic systems.
- Ice massage reduces inflammation and also the extent of cellular and tissue damage caused by traumatic injury and the accompanying hypoxia and edema. It also reduces pain. In chronic conditions ice massage provides a beneficial circulatory effect and enhances the effects produced by massage on the soft tissues.
- Cross fiber massage effectively reduces adhesions and varying degrees of scar tissue formation in the soft tissues. This allows for a true freeing of the tissues, reestablishing full function of a muscle in contraction and elongation, promoting muscle balance and range of motion.
- Massage reduces pain and promotes relaxation, creating a positive effect physically and mentally.
- Massage reduces edema and speeds circulation.
- Massage reduces cramping and spasm as well as voluntary and involuntary splinting, thus promoting complete recovery and improved overall muscle balance.
- Massage helps to enhance increased body awareness thus assisting the athlete in balance body awareness and injury prevention.

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