

UNLOADING-SPORTS-MASSAGE

The main goal of sports massage therapy is to help relieve stress and tension that build up in the soft tissues of the body during physical activity.

When injuries and minor injuries occur, due to overexertion and/or overuse, sports massage can quickly and effectively break them down; massage will help prepare the athlete for optimal performance, to drain fatigue, to relieve swelling, reduce muscle tension, promote flexibility and prevent injuries. Sports massage can also help prevent persistent injuries that often hinder an athlete's performance and achievement.

The time of performance must be three days before a competition and/or any activity that involves maximum body work.