

BENEFITS OF THERAPEUTIC MASSAGE FOR SPORTS PARTICIPANTS

Regular massage will enable the sportsperson to perform at higher levels with less risk of injury.

❖ POST EXERCISE

Micro-tears and wastes accumulate in muscles. Massage stimulates blood circulation ensuring delivery of nutrients needed for repair and recovery.

❖ REST AND RECOVERY

During training and post-events muscles need rest to recover. Massage at this time supports recovery and improves effectiveness of the rest period.

❖ INJURY PREVENTION

Overuse leads to injury. Massage identifies overuse and releases tension, preventing further injury.

❖ POST INJURY

Massage facilitates rehabilitation and recovery in the post-acute phase. Massage promotes healing, speeds up recovery time and prevents the formation of excessive scar tissue and adhesions

❖ FEEDBACK ON TRAINING

Feedback during a massage provides information needed to adapt training programs to prevent overuse injuries.

❖ INCREASED FLEXIBILITY

Massage stretches muscles, identifies and treats scar tissue and adhesions, so allowing improved flexibility.

For optimum results it is recommended that therapeutic massage form a regular part of ones health maintenance programme.

Please note that it is a legal requirement for Therapeutic Massage Therapists to be registered with the Allied Health Professions Council of South Africa.



Massage Therapy Association – SA
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