

## SPORT / DEEP TISSUE MASSAGE

Brush aside any thoughts that massage is only a feel-good way to indulge or pamper yourself. Massage can be a powerful tool to help you take charge of your health and well-being, especially if you have a specific health condition.

Benefits to receiving regular massage and/or bodywork treatments

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs
- Stimulates the flow of lymph, the body's natural defence system, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer
- Relaxes and softens injured and overused muscles
- Reduces spasms and cramping
- Increases joint flexibility
- Reduces recovery time, helps prepare for strenuous workouts and eliminates subsequent pains of the athlete at any level
- Releases endorphins - the body's natural painkiller - and is being used in chronic illness, injury and recovery from surgery to control and relieve pain
- Reduces post-surgery adhesions and oedema and can be used to reduce and realign scar tissue after healing has occurred
- Improves range-of-motion and decreases discomfort for patients with low back pain
- Relieves pain for migraine sufferers and decreases the need for medication
- Provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion

Purpose of Deep tissue massage usually focuses on a specific problem, such as chronic muscle pain, injury rehabilitation, and the following conditions:

- Upper back or neck pain
- Low back pain
- Limited mobility
- Recovery from injuries (e.g. whiplash, falls)
- Repetitive strain/sprains injury
- Postural problems
- Muscle tension
- Osteoarthritis pain
- Sciatica
- Sports concerns (runners, athletes)
- Piriformis syndrome
- Tennis elbow, carpal tunnel
- Fibromyalgia