

## Sports Massage for Spring Warriors

Spring is here! Longer days, more sunshine, everyone wants to go outdoors and become active again. We all do this by gardening, cleaning the garage, walking, running, biking, baseball, softball, volleyball, soccer, tennis and golf, to name a few activities. Most of us fail to gradually ease into our chosen outdoor activity. Instead we end up with aches and pains, injuring our muscles and tendons.

As a massage therapist, I will be able to assist you in relieving those aches and pains. One of the techniques used is sport massage. Sport massage is a special form of massage, atypically used before, during, and after athletic events.

The main purpose of sports massage therapy is to assist in alleviating stress and tension, which builds up in the body's soft tissues during physical activity. When minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively.

These techniques are designed to benefit muscles by warming and softening tissue, realigning muscle fibers, helping to heal scar tissue and flushing toxins from special muscle groups that are used in sport activity. A Swedish massage may relax you, but it won't specifically benefit the muscles or body parts that you have stressed in your workout.

Sports massage has many benefits, some of them being:

- Flush out toxins that cause muscle stiffness and soreness
- Preventive approach to the athlete training whereby soft tissues are free of trigger points and adhesions
- Enables the athlete to recover more quickly from myofascial injury
- Reduces the strain and discomfort of training and chronic strain patterns
- Promotes greater athletic endurance and performance
- Lessen chances of injury to muscles and tendons
- Improves range of motion
- Provides a psychological boosts to the athlete, relaxing the mind and body
- Relieves swelling
- Drains away fatigue
- Reduces recovery time
- Relieves pain
- Improves flexibility
- Increases lymph flow

- Increases blood circulation
- Reduces heart rate and blood pressure

*And most important, it makes you feel good.*

Keep in mind you may customize your massage session for a pre or post athletic event. Or, if you have simply just over worked your muscles, we can combine different techniques. This can be done by combining Swedish, deep tissue, Myofascial release along with sport massage. This allows us to work different muscle groups according to your individual needs.

Hopefully, you will ease into your spring workouts and outdoor housework. Now that you know all the great benefits of sports massage you will make an educated decision and call for an appointment.

My office is in a quaint old house, in downtown Barrington. Our clients feel they are coming into our home, warm and friendly. Take advantage of the discount coupon and call for an appointment. I look forward to working with you!

Warmly,

Trish Irwin