

Sports massage £40.00

Sports massage can be used to aid recovery from injury or as part of a training programme. It is suitable for the average club player as well as serious athletes.

Sports massage focuses on the muscle systems used in athletic activities and can combine manual manipulation, electro-therapy such as ultrasound, trigger point therapy and muscle stretching and soft tissue release. The aim is to reduce soreness and help to enhance power, flexibility and endurance.

The benefits are faster recovery from micro-traumas, increased range of motion and flexibility, relief of fatigue, reduced injury healing time, improved circulation, reduced muscle tension, cramping and soreness.