

The Benefits of Sports massage and why you should include it in your training.

A sports massage is typically a combination of several massage techniques that are tailored to your affected muscle groups based on the activities that you do. A properly administered sports massage can help flush the lactic acid out of your body.

If you have a race coming up you will want to receive a lighter massage. But, if you are in between events and have specific issues, your sessions can focus on deep-tissue massages in problem areas.

So, what exactly is a sports massage and what will it do for you?

Athletic Performance

Continual improvement is the reason you train in the dead of winter, hammer up the hills, do track work, and train in the pouring rain. Well, that is the same reason you should get a good sports massage. After a massage you'll feel lighter, more powerful and more flexible, and all those nagging aches and pains can be addressed, helping to reduce the likelihood of injury.

Injury Prevention

One of the best reasons to get a sports massage is to help your muscles, tendons and joints move through their proper range of motion and stay in optimum shape. It's just like that pre-workout warm-up you're supposed to do. You want your muscles to be pliable and your joints warmed up before your exercise.

Many injuries are brought about by overusing certain muscles. This can result in soreness, pain and inflammation. Regularly scheduled sports massages can help reduce the likelihood of the muscles becoming overused in the first place and can also help reduce the initial inflammation that leads to injury.

It can also help reduce the chance of injury recurrence. Massage is most effective at treating soft-tissues injuries such as strains, sprains and stress injuries.

Pain Reduction

Massage has been known to reduce pain from recovering injuries or tight muscle areas. Massage promotes proper healing of scar tissues and can provide a soothing effect on injured areas.

Relaxation and Focus

Sports Massage can help decrease stress and increase focus, putting you in a good psychological state before your next race. The brisk movements of the massage can also leave you feeling invigorated.

Post-Race Recovery

Massage can help hasten the healing and recovery process after an intense race by dissolving waste fluids such as lactic acid.

How often should you get a sports massage?

On average, a minimum of one every 4-6 weeks.

When should I get a sports massage?

People respond in different ways to a massage so if you have the luxury to try one at different times in your training then determine what is right for you. However, the majority of people will tend to favour the post-race/post-long workout time more. Both are beneficial but the pre-race massage will stimulate your muscles whereas the post-race massage is more of a cool-down/recovery massage.

Members within the club use a range of sports massage therapists and to a certain extent your choice is a personal one. We recommend either Mandy Cook at mcsportstherapy (www.mcsportstherapy.org.uk) or Tracey Harris at ProRehab therapy (<https://www.prorehabtherapy.co.uk>)