

Sports Massage

Sports massage is a popular technique with sports and non-sports individuals due to its enhancing and relieving effect to the musculoskeletal system.

Overuse and stresses of muscles and joints can lead to muscular imbalances which may impede a sportsman's performance and cause pain. If ignored the muscle imbalance can cause chronic injuries.

Sports massage aims to restore muscle balance and relieve tension of the musculoskeletal system by manipulating and stretching connective tissues.

Benefits of sports massage:

- Relieves acute and chronic pain
- Increases flexibility and range of motion
- Improves circulation and lymphatic flow
- Assists removal of metabolic waste (accumulated from exercise)
- Remodel scar tissue if necessary and appropriate
- Enhances athletic performance and assists in mental preparation for sporting activities

Our physiotherapists provide evening and weekend clinics at Kings Rd.