



SUMMIT CHIROPRACTIC

Sports Massage

What is Sports Massage?



Sports massage is a hands on massage therapy which focuses on muscles. It is designed to assist in correcting problems and imbalances in soft tissue that are caused from repetitive and strenuous physical activity and trauma.

Many different movements and techniques are used in sports massage. Examples of these techniques include; effleurage (stroking), petrissage (kneading), compression, tapotement (rhythmic striking), vibration, gliding, stretching, percussion, and trigger points.

WHAT ARE THE BENEFITS?

Helps improve blood and lymph circulation.

Help muscles recover, prevent injuries and prepare the body for future exercise.

Muscle relaxation.

Speeds up recovery.

Improve bodily functions during sport fitness and everyday activities.

Reduced delayed onset muscle soreness and stiffness.

Decreased pain and tightness.

Increase muscle flexibility.





Working together

SPORTS MASSAGE & CHIROPRACTIC CARE

Combining chiropractic adjustments and sports massage work very well together. We have had so many cases in just our clinic alone seeing incredible results and the results really do speak for themselves.

As you may be aware, chiropractors do an amazing job at rebalancing the alignment of the spine and restoring nerve function. They do this through a number of skilled techniques and adjustments. However, the body can sometimes be so stiff with muscular tension it can try to resist chiropractic adjustments. This is when sports massage can help.

get in touch

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We look forward to seeing you soon!