

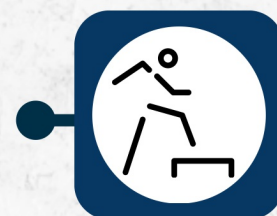
SPORT MASSAGE THERAPY

To Benefit Your Athletes



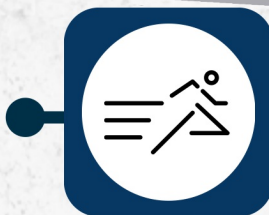
WHAT'S IT ALL ABOUT?

- To help athletes
- To support fitness
- Contribute health & wellbeing of athletes



Event Preparation

- Warms the muscles
- Increases blood flow
- Can help reduce injury



Injury Treatment

- Improves tissue healing
- Normalizes tissue
- Prepares tissue to enhance treatments



Prevention & Maintenance

- Normalization of tissue
- Improves range of motion
- Reduce muscle stiffness



Recovery

- Reduction of post exercise soreness
- Improves the feeling of recovery
- Improved blood flow