



Sports Massage

Sports massage has grown in popularity in recent years with many runners now including it as an integral part of their training programme. The techniques of sports massage are far removed from those of conventional massage, which are designed to be gentle and relaxing. Sports massage is intended to assist the body to recover from the stress and strain of heavy exercise, so allowing it to be ready for more of the same!

Given time, muscle will recover and repair itself after exercise. The theory of sports massage is that the duration of the recovery phase can be shortened. The following are some of the main points of interest:

- Sports massage techniques are relatively intense and are intended to release muscle tension and increase blood circulation.
- The increased blood circulation is thought to help remove waste from tired muscle and thereby repair tissue and fibres damaged by exercise.
- Recovery from soft tissue injury often involves the build up of scar tissue at the site of the injury. A sports massage therapist will attempt to break down the scar tissue, helping the muscle to heal and return to its pre-injured state.
- Increased and prolonged tension in individual muscle groups may ultimately lead to injury. Reducing the tension, through massage, may help to avoid injury.
- Sports massage may cause the muscles to be sore for a day or two after. This should soon clear leaving the muscles fresher and more flexible.

- The regularity of massage is a matter of choice but some runners will have weekly massage, others every other week or monthly.

At Coventry Runner we recommend:

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Martin treats many local runners and athletes and is a regular visitor at Coventry Runner offering help and advice to customers.