

Sports Massage

- Q. **Can I have a sports massage even though I don't have an injury?**
- A. *Yes, anyone working within a repetitive situation can benefit. If you are regularly gardening, driving, lifting or even just working at a desk for long periods, sports massage can help alleviate your pains.*
- Q. **I have aches in my shoulders and occasionally I feel a clicking, can sports massage help?**
- A. *Yes definitely, these are typical symptoms of knots in the shoulders, particularly around the shoulder blade. Massage can help reduce the build up within the knots and stretch the muscle back to normal.*
- Q. **Will the massage hurt?**
- A. *I will be honest and say that sports massage is not a relaxing, calming massage. It is a deep tissue massage and therefore there may be occasions where you are a little uncomfortable, but this is only for a short period, whereas the benefits are much more long lasting. A short time of grinning and bearing it will be much better than months of pain!*
- Q. **What do I need to wear?**
- A. *Depending on which area of the body we will working on will decide on your clothing:*
- Back - Loose-ish bottoms, the back will be bare.*
 - Legs - A pair of underwear, preferably briefs or sports shorts.*
 - Chest - Clothing isn't an issue, but women please wear a bra.*
 - Stomach - Towels will cover exposed areas, clothing isn't an issue.*
 - Arms - Towels will cover exposed areas, clothing isn't an issue.*
- Q. **How many sessions will I need before seeing any results?**
- A. *This is a tricky one to answer, as the amount of sessions depends on the problem you are having. I generally recommend one session a week until the point where the muscles are responding and then agree a treatment plan from there. It is important to understand that one session will not cure your aches and pains; remember the problems took a while to surface so they may take a while to retreat.*