The **Benefits** of Sports Massage

Primary benefits:

Release muscle tension
 Improve circulation
 Increase tissue permeability and elasticity
 Functional separation of muscle and connective tissue

Secondary benefits:

Reduction in pain
Improved tissue strength
Improved range of
movement
Faster recovery

Improved mental state

Alleviate tension and stress associated with work, life, injury, or a big race

Injury Prevention Injury Recovery Improved Performance



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