

## Sports Massage

Sports Massage is a very specific type of bodywork utilized most frequently by true athletes who demand and expect optimal performance from their bodies at all times. Sports massage is built upon the principles of the physiology of muscle function and the kinesiology of movement. More specifically sports massage addresses particular injuries that athletes in particular sports tend to suffer from. It is commonly used both pre and post event. Sports massage is done vigorously in a very stimulating manner and is excellent for complementing athletic conditioning and development.