

# Sports Massage

 <p>Sports Massage is a special form of massage and is typically used before, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. <br /><br />Purpose of Sports Massage<br /><br />The main purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. The massage will help prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. Sports massage can help prevent those niggling injuries that so often get in the way of performance and achievement, whether a person is an athlete or a once a week jogger.</p>