

# SPORTS MASSAGE & TRIGGER POINT THERAPY



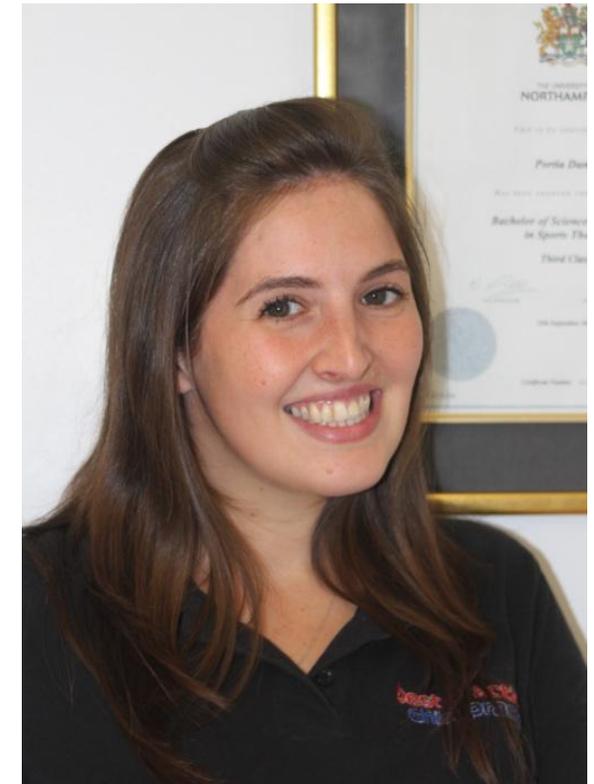
**Portia Dance BSc(Hons) Sports Rehab** gained her degree at Northampton University and has been involved with treatment of athletes in both private practice and at events such as the London Marathon. She is also registered with the Federation of Holistic Therapists. Portia unfortunately realised that she would not be able to compete in Hockey and Track & Field events as she had hoped, but being able to assist others was her driving force behind her studies and she now aims to assist all her clients perform their best whether at recreational or professional levels of sport.



**best practice  
chiropractic**

34 Dyke Road Avenue, Brighton, BN1 5LB  
01273 560 888

[chiropractor-brighton.co.uk](http://chiropractor-brighton.co.uk)



**best practice  
chiropractic**

## WHAT IS SPORTS MASSAGE ?

**Sports massage is the management, manipulation and rehabilitation of soft tissues including muscles, tendons and ligaments.**

Deep tissue massage / sports massage uses a combination of massage techniques which focus on the deeper layers of the muscle and fascia (connective tissue) and scar tissue where old muscle injuries have healed.

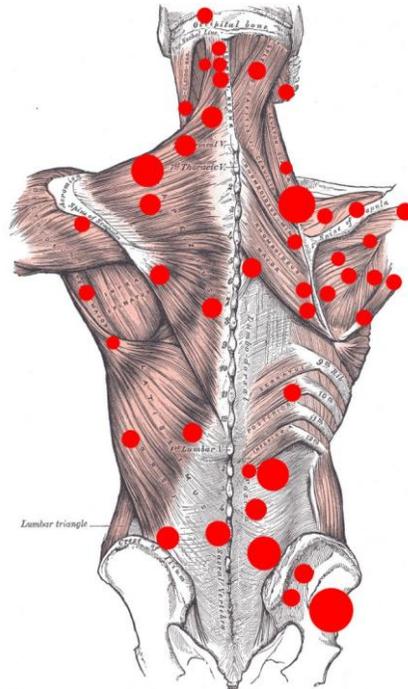
The techniques used by sports massage practitioners have been developed to ensure effective and efficient results are gained from each massage given. Sports massage helps:

- Improve circulation and lymphatic flow
- Assist in the removal of metabolic waste
- Sedate or stimulate nerve endings
- Increase or decrease muscle tone
- Increase or decrease muscle length
- Remodel scar tissue when required
- Assist in mental preparation for sporting participation

You do not need to be a sports performer to benefit from a sports massage. The benefits above can also help relieve many day to day problems, repetitive strain injury, sprains, tension, fatigue that everyone experiences.

By using a Sports Massage Therapist, you ensure that you receive an individually tailored, high quality massage.

Regardless of your level in sport or exercise, whether you exercise socially or compete to an international level - sports massage has something to offer you.



## WHAT ARE TRIGGER POINTS ?

Most people are familiar with the feeling of having knotted muscles.

Trigger points are these irritable 'knots' and are associated with palpable nodules in taut muscle fibres. These knots can cause pain at the site of the knot or refer to other areas of the body. Trigger Point Therapy is a specific technique to

release or remove these restrictions from the muscle.



## Sessions available:

**30 min. Deep/ Sports Massage**  
Incorporates a variety of techniques where there are problems in one or two areas.

**45 min. Deep/ Sports Massage**  
The time allows for a full body Sports or deep tissue massage.

**60 min. Deep/ Sports Massage**  
The time allows for an extended full body Sports or deep tissue massage.