

HUMAN PERFORMANCE CENTRE

Could a good massage be the answer? We Can Help!

From injury prevention to improved performance and mental state, massage offers a broad range of benefits. It uses a variety of techniques, including myofascial release, neuromuscular and connective tissue manipulation and is a beneficial form of treatment for anyone in need of soft tissue work.

The deep, stroking movements of a massage increases blood flow, bringing oxygen and nutrients to the tissue. Due to the effects of dilating the blood vessels, massage enables your entire micro-circulation system to work more efficiently and assists the removal of waste and toxins from soft tissue.

For the muscular system, massage can alleviate stiff, tight, sore muscles as well as help break up scar tissue that exists as a result of trauma or injury. The long stroking

action of the muscles also helps flexibility and enhances tissue elasticity. Massage also positively affects the skeletal system by releasing tensions in the soft tissue, thus enabling improved mobility, which decreases stress on the joints.

Massage can also have a positive effect on the body's internal systems. The stimulation of the parasympathetic nervous system can increase digestive movement. This increase helps relieve constipation, gas and colic symptoms. In addition to the digestive system, massage can positively affect the nervous, lymphatic and urinary systems because of increase circulation and stimulation.

The body releases endorphins as a result of massage therapy. These endorphins help reduce pain from inflammation, tight

muscles and stiff joints. One of the most desirable physiological responses to massage is relaxation. Through generated heat, circulation and stretching, tense muscles respond by a reflex relaxation.

In addition to physical benefits, massage therapy can also have psychological benefits. With the induction of relaxation comes a sense of calm, which may lessen mental anxiety. In the relaxed state endorphins that are released act as mood elevators, which may enhance an overall sense of well-being.



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