

# HUMAN PERFORMANCE CENTRE

**Want to Know Four Ways Massage Therapy Can Significantly Improve Your Running Potential? We Can Help!**

Source: *Competitor.com*

Whether you run for fun, competition, or stress relief, here are four ways massage therapy can significantly improve your running potential.

## **1. Reduced Muscle Pain and Fatigue**

When you have started a new training program, increased the intensity of your training or are simply just running more mileage, massage therapy can be extremely helpful. Often times, the increased workload results in muscle pain and fatigue. This pain is caused by the release of body-producing toxins such as lactic acid into the tissue. When left untreated, the tissue can become damaged over time. Where there is muscle damage, there is less circulation. Reduced circulation can lead to

congestion, tightness and shortening of the tissue.

## **2. Increased Circulation and Blood Flow**

Massage increases circulation and blood flow. With this increased circulation, overall healing is expedited by triggering the immune system to promote a healing response in the tissue.

Following a run, the body needs to recover from the stresses places upon it. When muscles are challenged during a run, the body releases toxins into the tissue. Massage is one of the quickest ways to promote recovery because it helps release these toxins from the tissue. In conjunction with proper hydration, toxins are flushed from the system, thus helping lessen soreness and fatigue while helping to freshen your legs for your next workout.

## **3. Increased Flexibility**

Increasing an athlete's range of motion can help improve performance. When we can move properly, we can run more efficiently.

A good massage helps rebalance the musculoskeletal system. Runners frequently experience pain and tightness in the IT Band, Achilles tendon, knees and hamstrings. Many runners can pinpoint where they are experiencing pain. When a muscle experiences fatigue from overuse, another muscle will kick in to try and bring balance back to the body. Often times, this secondary muscle is not meant to sustain that kind of responsibility and with a domino effect breaks down.

## **4. Relaxation**

Lastly, massage promotes relaxation, which has multiple

benefits. Relaxing the muscles also helps relax the mind and reduces stress, which can help re-energize you following a big race or tough workout, or even when the craziness of life combined with the demands of training start to wear on you.



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