

Achieve Your Best
... We Can Help.

www.humanperformancecentre.ca

HUMAN PERFORMANCE CENTRE

Can Massage Therapy make me faster and stronger? We Can Help!

The short answer is no. Massage Therapy is not a performance enhancement drug. It cannot increase your performance in power or strength but it can help to unlock your potential. There is nothing magical about Massage Therapy. It is done with direct contact to the soft tissue to help soften the muscle tightness/ tension developed from activity or focused training, by releasing tension. It gives the muscle tissue room to move in its full potential or range of motion (ROM). The tighter and shorter the muscle tissue is the less potential it has, it's more likely to fatigue sooner or "plateau," a common phrase used with weight lifters and body builders. If

all we do is train and nothing else then it can sometimes seem like we are going backwards. Some things to consider when achieving your best is a proper warm up before activity or event, light stretching before and after activity, eat healthy, and massage therapy. So why massage therapy if I stretch and warm up? Well, the soft tissue is not just skin and muscle, there is a web like material called fascia, which is the substance that holds it all together. It can at times become tight and present discomfort for some. Massage therapy can help release fascia tension allowing ease of range of motion. Regardless if you're working on a work dead

line or going for a best time in an event, Massage Therapy is for you. So, when you're ready to unlock your potential, come in and see us at the Human Performance Centre and let us help you achieve your best.



Martin Salkey RMT, CST
Martin is a Registered Massage Therapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact him at 738-8299.

738-8299



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PHYSIOTHERAPY

MASSAGE

FITNESS

NUTRITION