

Could a good massage be the answer?

We can help!

**PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299**



749 River Valley Drive
humanperformancecentre.ca

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 movement of a massage increases blood flow, bringing oxygen and nutrients to the tissue. Due to the effect of dilating the blood vessels, massage enables your entire



*Alexandra Sullivan, Massage Therapist, BA, RMT,
Personal Fitness Trainer*

If you have any questions or concerns for Alex, please contact her directly at alexandra.sullivan@humanperformancecentre.ca.

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 in movement 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 increased 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 and physiological 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.



**Human
Performance
Centre**

Achieve Your Best
... We Can Help.