



Sports Massage FAQs

What are the benefits of massage for Endurance Athletes?

Massage can improve your performance & keep you training. Top benefits include:

- Reduces muscle tightness, soreness & pain
- Prevents, treats or helps recover from injury
- Full body rest and relaxation (feels so good and is needed!)
- Improves range of motion & flexibility
- Increases awareness of restrictions, tightness & weaknesses so you can modify your training and stretching accordingly

How often should I receive massage?

Massage is beneficial on a weekly, biweekly, monthly or occasional basis. The more consistently you receive massage, the more fluid & flexible your muscles will remain. Particularly good times to schedule a massage are: 3-7 days before a race, 2-5 days after a race or intense training, during a recovery week, and in case of injury.

How much time should I allow between a workout and a massage?

It is optimal to avoid intense training for 24 hours after a therapeutic massage. At the least, we recommend a good overnight rest to reap the recovery benefits. It's OK to receive massage immediately or anytime after a workout.

How can I get the most out of my massage?

Let your therapist know what areas of your body are tight or tense as well as what activities increase or decrease the discomfort. Share your upcoming training and race goals. Do your best to follow any suggestions your therapist or trainer makes for stretching, strengthening or other self-care between sessions.

At Release Massage Therapy, we are skilled in working with athletes and can help you incorporate massage into your training plan. We have a number of tools and techniques to assist you with your athletic goals. Please come visit us.

**Schedule on-line at: www.releasemassagetherapy.net
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