

THE BENEFITS OF SPORTS MASSAGE

— BACKED BY RESEARCH —

Sports massage is more than just relaxation. Research shows it can improve performance, support recovery and enhance overall wellbeing.



IMPROVES PERFORMANCE

Sports massage can help improve flexibility, muscle strength and power, contributing to better athletic performance.

– Cheung et al. (2003), *Journal of Strength & Conditioning Research*



REDUCES MUSCLE SORENESS

Research shows sports massage can significantly reduce delayed onset muscle soreness (DOMS).

– Weerapong et al. (2005), *Journal of Alternative & Complementary Medicine*



SPEEDS UP RECOVERY

Massage has been shown to help remove metabolic waste, reduce inflammation and promote faster recovery.

– Pearcey et al. (2015), *PeerJ*



REDUCES PAIN AND TENSION

Effective in reducing muscle tension, alleviating pain and improving range of motion.

– Field (2011), *Journal of Bodywork & Movement Therapies*



IMPROVES CIRCULATION

Enhances blood flow and lymphatic drainage, supporting overall muscle health and repair.

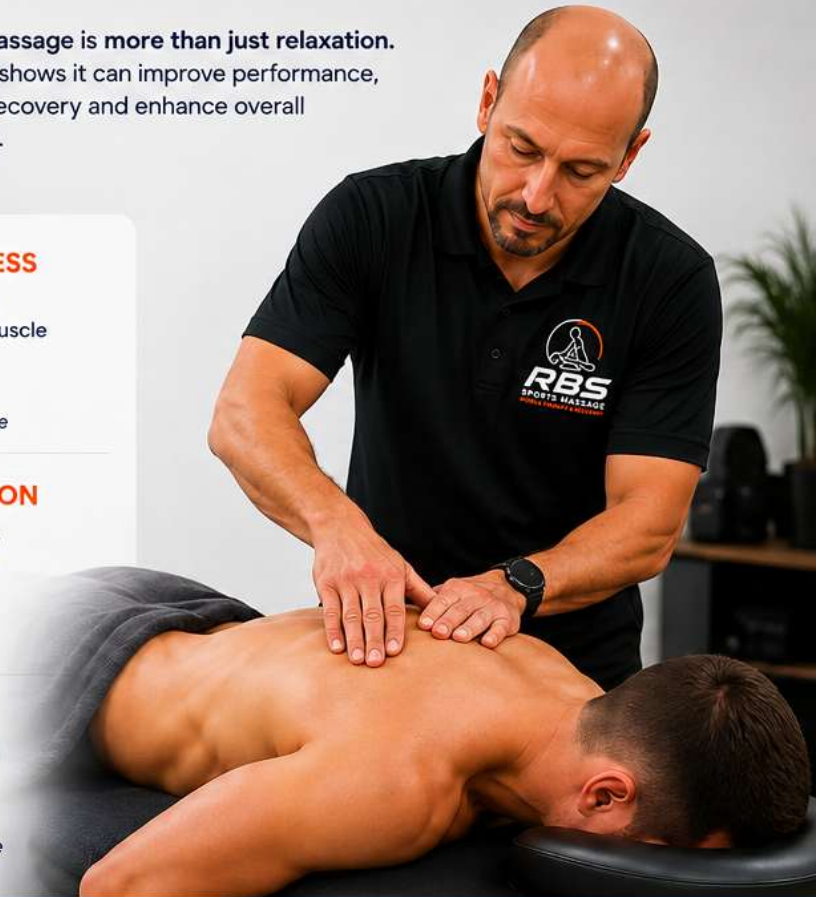
– Moyer et al. (2004), *Journal of Clinical Rheumatology*



SUPPORTS WELLBEING

Shown to reduce stress, anxiety and improve mood and sleep quality.

– Moshki et al. (2011), *Journal of Alternative & Complementary Medicine*



THE RESEARCH

- ✓ Cheung, K., Hume, P. A., & Maxwell, L. (2003). The effects of massage on athletic performance: A meta-analysis. *Journal of Strength & Conditioning Research*, 17(2), 279–289.
- ✓ Weerapong, P., Hume, P. A., & Kolt, G. S. (2005). The mechanisms of massage and effects on performance, muscle recovery and injury prevention. *Sports Medicine*, 35(3), 235–256.
- ✓ Pearcey, G. E., Bradbury-Squires, D. J., Kawamoto, J. E., & Behm, D. G. (2015). Foam rolling for delayed-onset muscle soreness and recovery of dynamic performance measures. *PeerJ*, 3, e692.
- ✓ Field, T. (2011). Massage therapy effects. *American Journal of Clinical Medicine*, 8(4), 139–145.
- ✓ Moyer, C. A., Rounds, J., & Hannum, J. W. (2004). A meta-analysis of massage therapy research. *Psychological Bulletin*, 130(1), 3–18.
- ✓ Moshki, M., Babaei, P., & Tavakol, M. (2011). The effects of massage therapy on anxiety: A meta-analysis. *Journal of Alternative & Complementary Medicine*, 17(11), 1009–1016.



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