

THE BENEFITS OF DEEP TISSUE MASSAGE

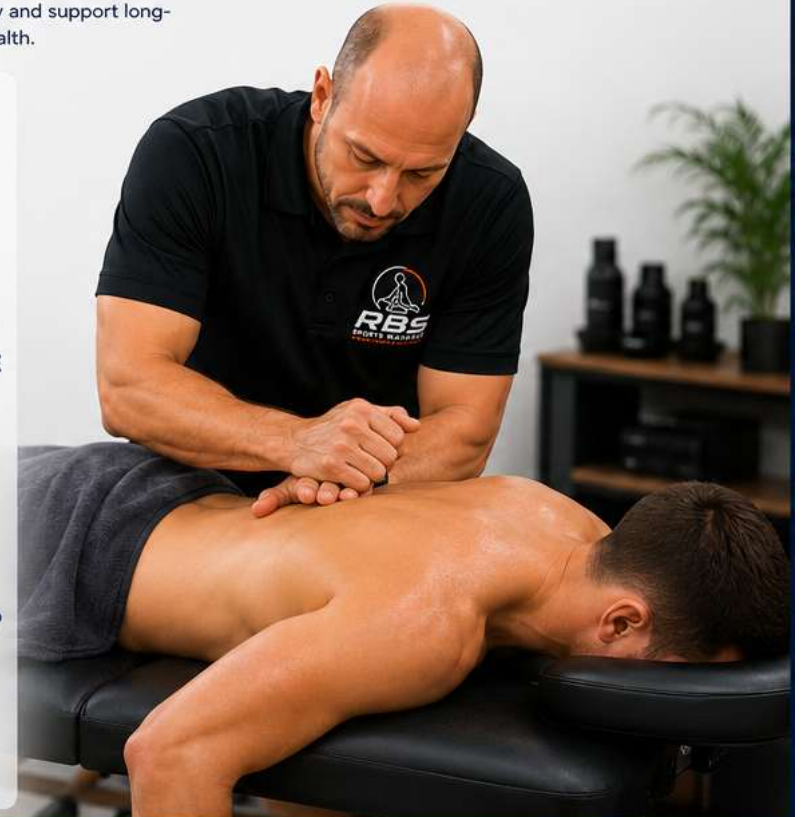
— BACKED BY RESEARCH —

Deep tissue massage works beneath the surface to target deeper layers of muscle and connective tissue.

Research shows it can reduce pain, improve mobility and support long-term muscle health.



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RELIEVES CHRONIC MUSCLE TENSION

Deep tissue massage helps release chronic muscle tightness and adhesions, reducing discomfort and improving muscle function.

— Cleland et al. (2008), *Journal of Orthopaedic & Sports Physical Therapy*



REDUCES PAIN

Research shows deep tissue massage can significantly reduce both short-term and long-term pain.

— Crawford & Cannon (2002), *Journal of Manipulative and Physiological Therapeutics*



IMPROVES RANGE OF MOTION

By targeting deep muscle layers and fascia, deep tissue massage helps improve flexibility and joint mobility.

— Wilke et al. (2020), *International Journal of Environmental Research and Public Health*



ENHANCES ATHLETIC PERFORMANCE

Deep tissue massage can help reduce muscle stiffness and improve movement efficiency, supporting better performance.

— Best et al. (2008), *Journal of Strength & Conditioning Research*



PROMOTES FASTER RECOVERY

It helps reduce muscle damage and inflammation after intense exercise, supporting a quicker return to activity.

— Leeder et al. (2012), *Journal of Athletic Training*



REDUCES STRESS AND IMPROVES SLEEP

Deep tissue massage lowers cortisol levels and increases serotonin and dopamine, promoting relaxation and better sleep quality.

— Field et al. (2010), *Journal of Alternative & Complementary Medicine*

THE RESEARCH

Cleland, J. A., Childs, J. D., McRae, M., et al. (2008). Immediate effects of massage therapy on pain, pressure pain threshold, and flexibility in patients with mechanical neck pain. *Journal of Orthopaedic & Sports Physical Therapy*, 38(7), 372–380.

✓ Crawford, C., & Cannon, J. (2002). The immediate effects of massage on pain and range of motion in the shoulder. *Journal of Manipulative and Physiological Therapeutics*, 25(2), 72–76.

✓ Wilke, J., Niederer, D., Vogt, L., et al. (2020). Massage therapy improves range of motion in adults: A systematic review and meta-analysis. *International Journal of Environmental Research and Public Health*, 17(12), 4279.

✓ Best, T. M., Hunter, R. E., Wixson, A., et al. (2008). The effects of massage therapy on performance and recovery: A systematic review. *Journal of Strength & Conditioning Research*, 22(3), 843–850.

✓ Leeder, J., Gissane, C., & Nolan, C. (2012). Effects of massage on recovery from exercise-induced muscle damage: A systematic review. *Journal of Athletic Training*, 47(6), 670–680.

✓ Field, T., Diego, M., Hernandez-Reif, M., et al. (2010). Moderate pressure massage elicits oxytocin release and reduces cortisol levels. *Journal of Alternative & Complementary Medicine*, 16(4), 427–433.



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