

# The Benefits of a Sports Massage

Bodylines



## Primary benefits:

- **Release** muscle tension
- **Improve** circulation
- **Increase** tissue permeability and elasticity
- **Functional** separation of muscles and Connective tissue

## Secondary benefits:

- **Reduction** in pain
- **Improved** tissue strength
- **Improved** range of movement
- **Faster** recovery
- **Improved** mental state

Alleviate tension and stress associated with work, life, injury, or a big race

**Injury Prevention**  
**Injury Recovery**  
**Improved Performance**

