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Massage

Massage is known as the pressing & rubbing practice on the body by the massage therapist. A massage therapist uses some pressure on the body's muscles to relieve pain and physical stress. In the old era, Massage therapy was only offered in special health clubs and Spa. Today, massage practice is provided in hotels, airports, sports clubs, and clinics.

A massage therapist commonly uses some massage oils and powders with the hands and some pressure on patients' bodies to massage. Sometimes, cloth or any other soft paper can also be used for the same effect. There are many types of massage varying with the patients' needs and requirements.

Massage Origin

Studies have shown that Sports massage was formally originated in the communist and the Soviet Union bloc before the 1960s. Soviet athletic teams were the first-ever squads to have a therapist with them for the massage purpose. The idea of a sports massage was later copied in some European countries in the 1970s. Today, Sports massage is recognized throughout the globe due to its broad acceptance of Health-positive benefits.

Massage Health Benefits

Massage offers many health benefits beyond just bodily relaxation. Massage is an efficient therapy for back pain due to long office hours. Massage therapy is also useful in Headaches, particularly migraines, and also helps in improving sleep. Studies have shown that a massage also helps in the treatment of cancer symptoms in some patients. Massage improves the immune system and overall body functionality.

A good massage reduces bodily swelling and fatigue. In some circumstances, good massage therapy also reduces the depression up to a great extent. Massage therapy manages physical disorders, including unstable blood pressure, light tissue damages, and anxiety.

Massage Precautions and Massage Side-effects

Massage is typically safer practice and efficient practice; when practiced entirely, there are no unwanted results or side effects. Massage may be a proper manner for treating some event injuries. It is good to seek recommendations from the related therapists or doctors before practicing the massage when healing some pain or injury. There are circumstances when specific injuries may get worsened by the massage. Cancer, High blood pressure, constant infectious, inflammation, and other severe skin patients need consultation from the related doctor and seek advice from a good massage therapist.

Sports Massage and the types of Sports Massage

Sports Massage is a type of massage meant to fix issues and irregularities in soft tissues which are resulted from long and continuous sporting and physical activities. Sports massage improves recoveries, performances and reduces physical damages and injuries.

Sports massage is the practice of bodywork for athletes. It helps the athletes prepare their bodies for sports activity and maintain their normal condition after the sports activity. Sports massage therapy also assists in recovery from the workouts.

Sports massage is generally practiced in three of its major types, i.e., post-event massage, Pre-event massage, and maintenance massage. The goal of every type of massage is to maximize athlete event performance.

Pre-event massage helps in warming-up muscles to increase the blood flow and stimulates the nutrition to muscles. A massage therapist stretches the muscles to maximize their flexibility for better event performance.

Post-event massage helps athletes in minimizing the bodily swelling and relaxes the tired muscles. Post-event massage helps the athletes in speedy recoveries from soreness and pulls.

Maintenance massage loosens the body tissues to increase flexibility, and it also helps in sliding layers of muscles over one another to increase the event performance. Maintenance massages are part of the athlete's weekly or monthly training programs. Also, some athletes who have their massage therapists may have their daily routine of maintenance massage.

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