



hadleighphysiotherapy



## Sports & Swedish Massage at Hadleigh Physiotherapy

Whether you are after relaxation or relief from painful muscles, our massage therapist Kerry answers the most common questions.

### **What are the benefits of massage?**

Massage is beneficial on both a physical and emotional level. It is a great method of relaxation, eases aches and pains and gives an overall sense of well-being. For athletes and those who exercise regularly it can be used before an event to stimulate the muscles and after the event to ease tired/injured muscles. During training, massage helps to identify niggles and prevents them becoming injuries.

### **What is the difference between Sports & Swedish Massage?**

Swedish Massage uses long slow sweeping strokes to bring a sense of relaxation.

Sports Massage is generally more targeted to areas which are causing the client issues and can be a stronger deeper massage than a relaxing Swedish. A deep tissue massage can be uncomfortable, however



the depth of the massage can be agreed with each client. Sports massage should never be unbearable and it is beneficial to everyone, not just those involved with sport.

### **How often should you have a massage?**

Every client is different and this will depend on your level of activity or stress, however we recommend a massage every 6-8 weeks.

**We are offering £5 off the first massage appointment for new clients, until 31. 1. 2017.**

Why not treat a loved one with a Gift Voucher for Christmas?



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