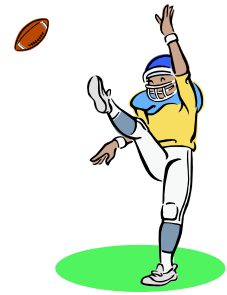


Sports Massage for Athletes

Pre-Event and Post Event



Therapeutic massage as a regular part of an athlete's training program helps to:



Improves Mental Focus
Improves Range of Motion
Provides Kinesthetic Feedback
Improves Athletic Performance



Reduces Chronic Pain Syndromes
Relief of Myofascial Trigger Points
Reduces Muscles Cramps and Spasms



Decrease Anxiety and Stress
Improves Sleep Patterns
Increases Rate of Return to Activity for Injured Athletes

The athletic massage therapist has been around since the first football game was played in 1869.

\$35 - ½ hour or \$55 for 1 hour - Students

Appointments are necessary
Call 973-628-2924