



**S**mith & Thomas  
Injury Rehabilitation Centre

Treatments

Article: 4

Sports Massage



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This form of treatment technique is used to physically manipulate the tissue by using a combination of various methods. Doing this helps optimise the recovery rate. Using this in combination with a rehabilitation programme is an excellent way to aid the healing process. All Smith & Thomas staff are highly skilled and qualified in sports massage therapy.

### Remedial Massage

This is a combination of deep tissue and soft tissue mobilisation techniques. The combination of therapy is the best way to achieve specific set targets. The benefits of this can be seen and felt by everyone, not just sports performers, as a feeling of well-being is produced naturally by the body. With massage therapy it is essential that you set realistic targets, as a long term injury may take more than just a few sessions to correct. This is another reason why this treatment is often coupled with another.

After a postural assessment has been carried out, a biomechanical analysis of the way your body moves will be used to help identify areas that need improvement. When this information has been gathered, techniques such as effleurage, petrissage, tapotement compressions, vibrations, frictions, trigger point therapy, soft tissue release and positional release can be used to meet the goal of the treatment.