

## Sports Massage

The sports massage is a special form of massage developed to help athletes reach their peak performance, to assist in their recovery afterwards and to facilitate the healing processes after injuries as well as prevention from injuries. It utilizes techniques similar to Swedish and Therapeutic Massage. It is appropriate for young and fit individuals and is adapted to the athlete's current needs. Sports massage prepares trainee's body for peak performance. It is very vigorous and deep, almost painful. It should be done at least a day before the competition.