

Sports massage

What is a sports massage?

Sports massage is proven to release and reduce tension in muscles, improve circulation and encourage the removal of waste products such as lactic acid during high intensity activity and can help to relax the body. All of this helps promote recovery and reduces the chance of muscle injury.

Why would I need to have a sports massage?

There are many reasons why a sports massage would benefit such as following an injury and if the surrounding tissues have tensed up; Post-surgery it can help to enhance the healing process and help manage fluid and decrease swelling and pain; To de-sensitise by releasing muscles along major nerve pathways relieving pressure and sensitivity resulting in better pain management.

What are the key benefits of sports massage?

- Release muscle tension
- Increase oxygenated blood flow to help repair tissues
- Enhance recovery after exercises
- Enhance athletic performance
- Improve flexibility and mobility
- Reduce reoccurrence rates of injury

What to expect during your massage?

A consent form will be completed at the beginning of the appointment to clear any contraindications. The pressure will be firm in order to gain the desired reaction and goals of the massage, but can be adjusted to your pain tolerance in the session. After the massage we recommend you stay well hydrated for the rest of the day and continue any rehabilitation exercises and some light stretching. It may also be beneficial to have a warm bath or shower to help the muscles to relax further.

Your first step is booking an appointment with one of our experienced Sports Massage Therapists, who can help prevent injuries, aid recovery and enhance your performance.

Prices & payment

The guide price is based on the usual clinical needs of patients. For more information, please see our terms and conditions.

Initial assessment & treatment (60 mins)
from £55

Follow-up treatment (30 mins)
from £37

The above are guide prices only.

Our [terms and conditions can be found here](#).

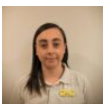
Consultants



Chris Andrews

Available at
KIMS Hospital

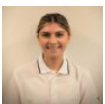
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Heather Davison

Available at
KIMS Hospital

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Wakila Hettiarachchi

KIMS Hospital+1 location

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Zaryab Khan

KIMS Hospital+1 location

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Mihaela Owen

Available at
KIMS Hospital

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Gary Weaver

KIMS Hospital+1 location

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Sports Massage FAQs

Where on the body can I have a sports massage?

All muscle group large and small, but also small areas over ligaments and tendon around joints can help relieve pain and stiffness. Areas to avoid would be any bony prominence areas, open wounds and burns. It is best not to have a massage until 48-72 hours after injury.

Will one massage resolve all my issues?

Not necessarily. Depending on the size of the area causing problems and due to nature of muscle manipulation and recovery, regular massage would help improve things quickly. You may need a few massages in a short period to get on top of symptoms or you may need one sporadically to maintain progress and to help keep pain levels low.



What should I wear to my sports massage?

Your choice of clothing will depend on the area of the body we are looking to target. However, it is best to wear something loose and easy to remove that can expose the area. We will have towels available to cover areas needed.