



## **Therapeutic Effects of Thai Massage**

### **What is Thai Massage?**

Thai Massage is:

- A combination of passive manual stretching techniques, joint mobilizations and Shiatsu pressure points.
- The session is performed on a mat where the client is fully clothed.
- There is no need for the use of oils or lotions.

Thai massage promotes flexibility, muscle length and function & improves balance and posture. Clients feel “Loosened and Energized!”

### **Thai Massage for Enhancing Sports Performance**

A flexible body is one of the keys to fitness and performance. The other is a musculature with total balance between opposing muscle groups (i.e. biceps and triceps), with every individual muscle able to assume its normal relaxed length when not in use. This is probably a combination that even the most highly trained athletes fail to achieve.

Including regular Thai massage as part of ones training regime can help all athletes towards this ideal condition. It will enable them to undertake more intensive training with a significantly reduced risk of injury, and this will result in an ability to sustain even higher levels of performance safely.

### **Thai Massage for Treating Sports Injuries**

Most sports injuries involve damage to muscle fibres, ligaments or tendons and they are commonly caused by overuse of muscles that are not functionally balanced with other muscles in their group and with their opposing muscle groups. A healthy muscle has an amazing capacity to perform repetitively without injury.

Regular Thai massage provides maintenance that muscles need. When injury does occur, its controlled stretches and manipulations have an unrivalled ability to speed healing and restore normal pain-free function.

### **Benefits of Thai Massage**

The deep presses of Thai massage assist by:

- Flattening muscles, stretching the fibres sideways. This helps ensure skin and muscles do not stick together which enhances range of motion.
- Blood flow is enhanced, helping to alleviate pain and prepare all the tissues for the effects of stretching that are to follow.
- Large scale sustained stretches of Thai Massage take muscles just beyond what their normal relaxed length would be. This is what increases your flexibility.

Regular Thai massage restores balance within and between functional groups of muscles to ease pain, increase flexibility and improve posture. Speak with your Registered Massage Therapist for the amount of Thai Massage that would benefit your current training schedule.