



JR Sports Therapy  
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### **Sports Massage Aftercare**

- In order to gain maximum benefit from your treatment it is important to rest and refrain from strenuous physical activity for up to 24 hours, whilst the body repairs.
- Swimming is an effective exercise to aid post treatment benefits.
- Sports Massage releases toxins from the body / areas treated, in order to gain maximum benefits from the treatment it is important to drink water (2 litres for women, 3 litres for males).
- Avoid drinking tea, coffee, fizzy drinks and alcohol for up to 24 hours post treatment.

### **Side Effects**

- Tiredness / headache / dizziness.
- A temporary worsening of the symptoms of medical conditions - this is a normal part of the healing process.
- Increased pain and soreness—especially at the surface of any areas worked with deep techniques. Applying ice to these particular areas for 20 minutes can lower the pain and soreness.

### **Benefits of Sports Massage**

- Boost the immune / digestive system
- Boost the circulation to the muscles and organs
- Balance energy and emotional systems