

# Hodgson Sports Massage



Sports massage is essential for people's quality of lives because nowadays people's lives are very intense. Consequently, whether you are a sportsperson or not, the body will hold on to any stress, tension or worry and unless time is given to relax and unwind the body will remain tight. Sports Therapists only used to treat injured athletes, however nowadays many are dealing with many common muscular complaints such as back pain, mobility problems, postural imbalances and work related conditions.

The benefits of massage include:

- Releasing muscle tension and improving balance,
- Increasing flexibility, range of motion and improving posture,
- Improving performance and potentially extending life of career,
- Aiding rehabilitation after injury,
- Helping improve sense of well-being, reducing anxiety and increasing confidence,
- Helping the body and mind to relax,
- Enhancing the immune system.

"Hodgson Sports Massage can help a variety of people- men/women, young/old, sportspeople, general public, business men /women, parents/partners and many more- please don't be put off by "sports" massage every massage is different. If you have any questions or would like more information, please don't hesitate to contact me."

*Clare Hodgson- Sports Masseuse.*