

# Benefits of Massage for Cyclists, Swimmers & Triathletes



## INJURY PREVENTION

Massage before or after training:

Assists muscles to be relaxed and improve circulation, flexibility and reduce swelling

Due to the high demands of training, muscles are in stress for long periods of time, resulting in fatigued or damaged muscles, caused through repetitive actions.

## ENHANCED PERFORMANCE

Massage improves circulation to tendons, muscles and ligaments

Helps to break up muscle fibres that bundle up and need to be separated for improved freedom of movement

Leaves legs and body feeling warm and invigorated

Improves sleep due to less muscle tension, soreness and fatigue

## FASTER RECOVERY

Massage after Training or an Event, will

- Eliminate the effects of fatigue
- Reduce soreness and tension in muscles
- Maintain Flexibility and Elasticity
- Assist with the removal of Lactic Acid build up

## OVERALL BENEFITS OF MASSAGE

In general - Massage is used for

- \* Relief of Pain
- \* Relaxation of Muscle tension
- \* Improvement of Circulation
- \* Reduction of Swelling

Aids and assists Muscles to be stretched and at their Optimum

FOR TREATMENT OR FURTHER INFORMATION: Contact – **Anne Marie Budd**

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