



SYNERGY

SPORTS & CORRECTIVE
MASSAGE LLC.™

Sports Massage

Sports Massage is a systemic and systematic series of treatments which are designed to improve performance, minimize healing time and reduce the potential for injury. The practitioner utilizes well-established and tested massage and bodywork modalities to help professional, collegiate, high school, middle school and recreational athletes. These treatments may help alleviate pain associated with contracted and shortened muscles due to injury, restricted tissue that impairs healing, dehydrated muscle tissue that results in imbalance and further restrictions, and scar-tissue restrictions that impede performance and increase the likelihood of further damage.

Conditions that may be positively affected by sports massage

- *Knee tendonitis and restrictions (IT Band Syndrome)
- *Sacroiliac (SI) joint pain
- *Lower back problems such as sciatic pain, hip imbalances and vertebral muscular restrictions
- *Rotator cuff tears
- *Neck and shoulder pain
- *Chronic or acute headaches (migraines, etc...)

Synergy has achieved identifiable success and positive outcomes with Sports Massage. As with all forms of therapy, however, there are instances when symptom resolution is not fully achieved. Each client will respond differently to this form of therapy.

Your course of therapy is determined through an evaluation and assessment process and may be modified during treatment. Clients should expect their first visit to involve a comprehensive evaluation, including taking a medical history, and performing physical assessments, which may include muscle testing, gait analysis and palpation, as well as other investigative techniques. This is a critical step towards accomplishing our goal of providing the safest, most effective treatment to achieve maximum benefit for our clients.

We offer a comprehensive list of treatments and specific techniques, including Sports, Pfrimmer Deep Muscle Therapy®, Trigger-Point, Deep-Tissue, Muscle-Energy Techniques, Myofascial Release, Structural Integration; and Range-of-Motion.

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