

# MARK FENN

## SPORTS MASSAGE THERAPIST

### It's all about you:

Before your massage, we will always carry out an initial consultation - this may only take a few minutes or it could take longer if we need to gather more information. It's really important we understand the purpose of your visit so that we can make sure we provide the best possible massage service.

A Sports Massage incorporates techniques from other massage styles to provide a deep and rehabilitating process that manipulates the soft tissue. Sports Massage predominantly uses myofascial release techniques to stretch the fascia; a hollow fibrous network of connective tissue made of elastin and collagen that surrounds the organs, bones, muscles and tendons within the body. Poor posture and physical trauma can cause the fascia to become hard and lose elasticity, resulting in a decrease in flexibility. Manipulating and stretching it during a Sports Massage will relax the fascia and tissue it surrounds to regain the flexibility and motion.

**Restorative** –Often received regularly whilst training for an event or for those looking to progress their training. Also works well for those who work behind a desk or drive for long periods of time. Restorative Sports Massage works to enable further training by helping to prevent possible injuries.

**Rehabilitative** –Serves to alleviate pain from an injury and return the affected tissue to normal. It's important that any injury is assessed before any massage is provided. Please let us know if your massage booking is due to injury so we can prepare or gather any relevant information.

**Trigger Point Work** –trigger points are a natural part of the muscle and can directly cause pain without explanation. By using cycles of isolated pressure and release it is possible to reduce the trigger points.

**Instrument Assisted Soft Tissue Mobilisation (IASTM)** - IASTM is the use of a tool to work on the soft tissue of the body during massage. Instrument-assisted massage influences the fascia which is a connective tissue web-like structure that encompasses every bone, muscle organ, ligament and tendon in the body. Fascia is affected by stressors such as repetitive movement patterns which can cause the connective tissue to stretch and bind. IASTM can help break down these bindings or adhesions in the fascia and scar tissue. IASTM can begin the healing process which lays down new fibres. Combining IASTM with movement patterns helps to organise the new tissue. Like sports massage or deep tissue massage, IASTM can also be used to break up muscle adhesions and restore tissue to its normal length and function.

**Dynamic Taping** - Dynamic Taping is available both within your massage session and as a stand-alone service. Dynamic Tape:

stretches in all directions rather than just longitudinally like kinesiology tapes

has many times the resistance and recoil likened to a bungy cord whereas kinesiology tapes and nylon tapes have gentle resistance to lift the skin

stretches much further and doesn't have a solid endpoint in the same way as athletic or kinesiology tapes do. This allows Dynamic Tape to be applied in the shortened position to maximise the 'bungy' effect and still permit full movement

is designed to work mechanically, designed to alter movement patterns while absorbing load and re-injecting that energy back into movement, all without limiting range of motion. Kinesiology

tapes are designed to work neurophysiologically, attempting to alter pain perception, muscle activity or circulation via contact with and lifting of the skin.

## **At Your Appointment**

**Those suffering from any viral infection are advised not to receive a Sports Massage whilst ill. A Sports Massage will stimulate the circulation and lymphatic system and can cause the virus to spread in the body.**

It can take 24-48 hours to feel the full benefit of a Sports Massage after which you should feel comfortable, rejuvenated and refreshed.

### **How often should you have a massage?**

Some will have a sports massage weekly, fortnightly, monthly or as and when they feel it's time. Others will have a sports massage pre or post-race. We can offer advice and guidance post treatment to help you get the most from each massage and the timings.

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