

MASSAGE



Sports Massage Therapist Chris Maggi is a member of the Manual Massage Therapist Association as well as having support the Men's and Women's Malta Football Teams.

1) Why should we massage?

As the Saying Goes, Prevention is the Best Cure and that is what mainly Massage is about.

Massage is the systematic manipulation of the soft tissues of the body that focuses on muscles relevant to the sport. There are many techniques used in Sports massage that include Effleurage, Petrissage (kneading), Compression, Trigger point, Cupping, Percussion, Vibration, Friction and Stretching among others.

These techniques are used so to achieve maximum performance and physical conditioning with a decrease chance of injury or pain and a quicker recovery.

Massage Therapy it's not just a benefit for an Athlete but it's part of its training regime that one induces in its program.

Here are some of the Benefits that both physiologically and psychologically which have been reported based on Experience and Observation: Increase in joint range of motion (ROM), Increase in flexibility, Increase in self wellbeing, Decreased Muscle tension, Decrease in muscle Spasms, decreased recovery time between training sessions, Decreased chance of injury.

2) When should we massage?

When should someone get a massage? Well if it's hurting treat it.

You should consider your amount of weekly training, what are you preparing for, how good is your knowledge in stretching, activation exercises and recovery exercises, nutrition and water intake.

At best when you are seeing yourself getting tired and your performance is not improving get a massage as soon as possible, certain athletes get a service once every week, some, every 2 weeks, some every 1 month it all depends on the individual's performance. I mentioned a service because a massage is not strictly a medical service but a therapy service. The most important massages are before an event. You get that service no later than 48 hours before the event to give a chance for your body to rest and recover.

And - after an event and not later than 48 hours after the event is done so you will get all the benefits of a massage while the body is still recovering from the sporting event.

After a massage a protein based meal is recommended so muscle fibres while they are recovering they will find plenty of protein nutrients. Drink plenty of water so that any toxins cleared by the flow of the massage are flushed away through the urinary system.

Lastly get a good night sleep and no training for 24 hours so your body get properly recover.

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