



To get the maximum benefits from your treatment with us at The Sports Therapy Clinic - Morley here is what we advise.

Before your massage with us:

1. ****Consultation form:**** Fill in your consultation form; this assures we are treating you safely and treating your areas of concern with maximum benefit.
2. ****Hydrate:**** Drink plenty of water before the massage to ensure your muscles are well-hydrated, making it easier for the therapist to work on them. ***We have cold bottles of water you can buy on site for only £1 should you forget.***
3. ****Communicate with the therapist:**** Discuss any specific concerns, injuries, or areas of focus with your massage therapist before the session. This helps them tailor the treatment to your needs.
4. ****Eat a light meal:**** Avoid heavy meals right before your massage to prevent discomfort during the session.
5. ****Shower:**** A quick shower can help relax your muscles and make the massage more effective. It also ensures you're clean for the therapist.

After your massage with us.

1. ****Hydrate again:**** Replenish fluids to help flush out toxins released during the massage and prevent dehydration. ***We have cold bottles of water you can buy for only £1 should you forget.***



2. ****Refuel with protein:**** Eating a small snack or meal with protein can aid in muscle recovery and repair. Adding protein to your post-massage routine helps provide the necessary building blocks for muscle tissue repair and can enhance the overall effectiveness of the treatment. ***We have protein shakes and protein bars for only £2.50.***

3. ****Avoid strenuous activities:**** Give your body time to recover by avoiding intense workouts or physical activities for at least 24 hours after the massage.

4. ****Rest:**** Allow yourself some downtime to let the benefits of the massage fully take effect. This can include a short nap or a relaxing evening.

5. ****Continue light stretching:**** Gentle stretching can help maintain the flexibility and range of motion gained during the massage. ***We have personalised stretching routines included in our massage packages – ask your therapist for more information.***

6. ****Take note of any reactions:**** Pay attention to how your body responds to the massage. If you experience prolonged discomfort or unusual reactions, consult with your therapist or healthcare professional.

Investing in a package of sports or deep tissue massages is more than just a commitment to relaxation; it's a strategic move towards holistic well-being and athletic excellence.

Ask your therapist for more information regarding our packages.