



# El Aephau

Massage Therapy

## MODALITIES

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### Sports Massage

For anyone participating in regular physical activity, Sports massage therapy every week or two may be a great addition to your normal regimen. The particulars of the sports massage technique are specific to the athlete's sport of choice. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements. Its components are Swedish massage, cross-fiber friction massage, deep compression massage, trigger point therapy and active and passive assisted muscle stretching.

It is especially beneficial, before or after events, to enhance performance. In between workouts, a sports massage will help promote healing if an injury has occurred and help prevent future injuries from taking place. Athletes have discovered that specially designed sports massage promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares their body and mind for optimal performance.



*One of the key benefits of Sports massage therapy compared to other modalities is its ability to target muscle-tendon junctions. A 2010 study in the journal of Strength and Conditioning Research found that even a 30-second massage improved hip-flexor range of motion.*

**El Aephau Massage Therapy**  
Chelsea New York, 10010  
[leo@leofporto.com](mailto:leo@leofporto.com)  
1-888-611-3332