

As an athlete, performance counts, for this reason you need a form of massage specifically designed for you.....

Sports Massage recognizes that you have different needs at different times:

For PRE-EVENT you need a quick treatment that will be an adjunct to your warm-up to increase your circulation and flexibility, and leave your muscles relaxed, resilient and ready to go.

For POST-EVENT you need a massage that will increase your circulation to speed the removal of fatigue toxins, relieve your muscle spasms and prevent soreness.

For REGULAR FINE TUNING you need a massage that will search out the areas of biomechanical stress in your muscles and relieve them before they become problems and enable you to train harder and more consistently.

For INJURY REHABILITATION you need a massage that will speed your healing, increase your range of motion, and create a scar that is strong, but allows the muscle to broaden normally.

Sports Massage utilizes very specific techniques in addition to basic Swedish Massage:

COMPRESSION: rhythmic pumping on the muscle to create a sustained increase in circulation and muscle relaxation.

TRIGGER POINT THERAPY: sustained pressure to release areas of biomechanical stress. These points are precursors to injury, and become hypersensitive because of repetitive or stressful motion or trauma. They refer pain so are often located outside the area of pain.

CROSS FIBER FRICTION: a deep transverse stroke which spreads the fibers of your muscle in imitation of the broadening that takes place when muscles contact. It is the treatment of choice for muscle strains.

How Sports Massage Helps!

What is the difference between regular massage and sports massage? Basically, non-sports massage is more superficial and does not target specific muscle groups that are used in sports activity.

In Sports massage, the techniques are designed to benefit muscles by warming and softening tissues, realigning muscle fibers, helping to heal scar tissue and flushing toxins from specific muscles. A regular massage may relax you and make you feel great, but it won't specifically benefit the muscles or body parts that you've stressed in your workout.

In summary, regular sports massage can:

- Help identify tender areas before they develop into injuries
- Enhance overall body awareness
- Stretch and relax muscles
- Relieve muscle pain and spasms
- Free muscle adhesions and soften scar tissue caused by injury
- Improve range of motion
- Restore suppleness and elasticity
- Improve circulation of blood and lymph fluids
- Flush out toxins that cause muscle stiffness and soreness
- Speed recovery from muscular exertion
- Relax the mind and body

IN THE CASE OF AN INJURY SPORTS MASSAGE CAN:

- Reduce swelling and bruising.
- Speed healing.
- Create an appropriate scar which is strong yet does not interfere with your muscle's ability to broaden as it contracts.
- Remove trigger points formed as a result of the injury.
- Eliminate areas of stress in other muscles created through compensation for your injury.
- Decrease pain.
- Maintain your muscles in the best possible state of nutrition, flexibility and vitality thus hastening recover and enabling them to function at their maximum after recovery.

Jim DeWine is

National Certified

in Sports Massage Physical Medicine by:

SPORTS MASSAGE TRAINING INSTITUTE

(S.M.T.I.)

AMTA Member



HOW WILL SPORTS MASSAGE HELP ME AS AN ATHLETE?

- Muscle fatigue will be eliminated more rapidly.
- Muscle soreness will be reduced.
- A state of mental and physical relaxation will be achieved in which repair, recovery and well-being will be enhanced.
- Muscles will be more supple and resilient.
- Flexibility will be increased.
- Training will be more consistent with the reward of improved performance.
- Body awareness will be enhanced.
- Injuries will be prevented by keeping muscles balanced, relaxed, resilient, and free of trigger points.
- Muscle cell circulation, metabolism and nutrition for repair and growth will be increased

Jim DeWine is licensed by
The **State of Ohio Medical Board**
and a graduate of S.H.I.
He has completed certifications in:
Sports Massage Training Institute
(SMTI) — Dr. Myk Hungerford;
Myofascial Release —
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Sports Massage &
Golf Medical Massage
- William Mitchell;
British Sports Therapy - Stuart Taws

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integrative medicine



Integrative Medicine

SPORTS
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"Weekend Warriors"

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