

Flow Sports Therapy

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Sports Massage: Information Sheet (v1.1)

Sports Massage, or 'Soft Tissue Therapy', as it is also commonly known, is a form of physical therapy that focuses on the assessment, treatment, and rehabilitation of the body's soft tissues, primarily muscles, tendons, and ligaments. While it's widely used in sport, its benefits extend to anyone looking to prevent or recover from injury, reduce physical tension, or simply move and feel better.

Soft Tissue Therapy uses hands-on techniques tailored to your needs, with the aim to help:

- Promote short-term improvements in circulation
- Support relaxation or alertness, depending on the treatment style
- Relieve feelings of muscular tightness or discomfort
- Support flexibility and ease of movement
- Improve comfort around areas affected by scar tissue
- Contribute to mental preparation before physical activity

Whether you train for fitness or compete internationally, therapy can help you stay active, reduce injury risk, and improve how you recover.

Price: €50

Duration: 60-70 minutes

David is a professional member of the SMA:

