

Best Massage Therapy for Runners

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Massage therapy is a great way to help runners prevent and treat injuries.

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Chapter 0 - Best Massage Therapy for Runners 2

0 - Best Massage Therapy for Runners



[Erotic massage in London](#) can be done in many ways to relax runners' muscles and tendons. Tight muscles can be released by light flushing, compressions, rocking and shaking. The goal is to keep the muscles light and springy. If specific spots are tight, a runner may benefit from deeper strokes. This should be done for 5-10 passes per spot. Active Release Techniques and dynamic stretching can also be helpful.

Swedish Massage Therapy

Whether you're a runner looking for a pre-race ritual or a post-race recovery, there are many benefits to Swedish Massage Therapy. It improves circulation, elasticity, muscle tension, and reduces stress. Swedish massage therapists also know how to address specific issues, such as trigger points.

The technique can be tailored to each individual's needs and is a great way to prepare your muscles for a big effort. Swedish massage uses long, slow kneading strokes combined with light, rhythmic tapping to relax muscle tissue without damaging it. When done weekly, Swedish massage can help your body recover after a long workout or grueling race.

Runners should get a massage especially if they are just starting out in the sport. Injuries can result from overzealous beginners, including shin splints, hamstring pulls, and other problems. Swedish massage is a great way to prevent these injuries by easing tension in the muscles and relieving stress.

[Swedish Massage](#) Therapy is a great way to help runners prevent and treat injuries. It reduces

muscle soreness and muscle pain by reducing tension and muscle spasms. Depending on the severity of an injury, the massage may require several sessions over a few months. A full body massage can take up to 60 minutes, while a focused massage may only take 15 minutes. For runners who have suffered injuries in the past, a series of massages can be most beneficial. However, athletes with self-care routines might only require a few sessions.

Swedish massage has been used for centuries as a treatment for low back pain. If you exercise regularly, it can help you recover quicker after a hard workout. However, the National Center for Complementary and Integrative Health has conflicting findings on this issue. While a review published in 2017 found that Swedish massage was helpful for low back pain in nurses, a controlled trial published in 2019 concluded that it only reduced the perceived pain, not the actual pain.

A massage can help runners recover from a rigorous workout and improve blood flow. However, it is important to know when to schedule a massage session. Ideally, it should take place one to two days after a hard workout.



Trigger Point

Trigger Point massage therapy for runners can be an excellent way to relieve pain and improve performance. The technique involves applying sustained pressure to specific points in the muscles to release tightness and facilitate blood flow. Though there is limited research, trigger point therapy has been shown to provide short-term pain relief and reduced disability

in several clinical trials.

Trigger points develop in muscles and connective tissues from repeated strain. Trigger points are often painful and can be chronic. Sometimes, trigger points can cause referred or chronic pain. Trigger points in the neck can trigger migraine headaches. Trigger point therapy is an effective way to reduce pain associated with chronic and acute muscle tension.

Trigger point massage therapy for runners uses intense pressure to treat adhesions and promote healing. This massage is best for calf strains and IT band tightness. This therapy may also include dry needling or other methods that work the deeper layers of the muscles.

[Trigger Point massage](#) therapy can be used for runners to treat other injuries such as muscle tension and post-surgical pain. This technique is especially beneficial for those who have sustained an acute injury or are in recovery from an acute injury. This technique can also be used to treat acute or subacute muscular pain.

Deep tissue massages can target specific areas while Swedish massages work on the whole muscle. Runners are more likely to have tight spots and interconnected issues. Deep tissue massage is popular during hard training segments. A specialist can pinpoint the problem area and treat it.

Trigger points are caused by repetitive movement and can lead to pain or even muscle weakness. Trigger Point massage therapy is a great way to overcome this problem and reach your fitness goals. Many studies have shown that trigger points can help athletes recover faster from injuries and muscle pain. They also improve the speed at which muscles heal.

Trigger Point massage for runners can be used at home or by a physical therapist. Professional massages should only be performed once or twice per month. You can treat yourself at your home with a foam roller and a tennis ball if you don't have a professional massage therapist. This option is expensive, so you might not want to spend a lot of money on it.

Deep Tissue Massage

Running can be tough on your body, and getting a deep tissue massage can help you recover faster. Deep tissue massages target the deepest layers of muscle tissue. They use firm, deliberate strokes to loosen tight spots and increase circulation and flexibility. For a healthy body, runners should schedule deep tissue massages at least once a month.

Deep tissue massages are especially effective for runners, because they target knotted, sore spots and areas of pain. The massage therapist must be sensitive to these spots, and go deep enough to relieve pain and discomfort without tensing up the client. Runners should expect soreness 24 to 36 hours after receiving a massage. If the soreness is severe or causes visible bruising, the massage may have gone too deep.

Runners can benefit from deep tissue massage to alleviate tight muscles and promote recovery after training. It targets the deep layers of muscles, fascia, and connects to the heart. It works the entire muscle to promote healing and increase blood flow. Tapotement movements are quick, chopping movements that the massage therapist uses at the end of each session. This massage is great for runners who want to recover quicker and perform

better. Massages can also stimulate the body's self regulation mechanisms, increasing oxygen intake.

[High-impact training](#) is a common experience for runners. This is due to the physical nature of running. Runners must deal with various forces, including gravity, body weight, and ground reaction force. This repetitive high-impact work can cause inflammation and microdamage in muscles. A good sports massage can reduce muscle soreness and improve performance in training.



Runners should schedule massages at least three days prior to major races. Massages scheduled between two and five days before a marathon are not recommended as they can cause inflammation and soreness. It is possible to schedule a massage session one or two days before the race.

Massage can have many benefits for runners, not only in terms of its physical benefits, but also in terms of stress reduction. Stress can cause a negative outlook on life and reduce your body's ability to adapt. A massage will help them relax and get a better perspective, resulting in a faster recovery.

A.R.T

A.R.T. massage therapists use hands-on techniques to restore normal function to specific soft tissues. They also check for tightness or texture in the tissues. These techniques are customized for each patient based on their needs. This type of massage is not only for runners. Many professional sports teams and elite athletes have also used A.R.T as part of

their training regimen.

Deep tissue massages on the other hand target the deepest muscle layers. A massage therapist uses deliberate strokes to get to these areas, releasing any tight spots. Runners often use deep tissue massage after intense training sessions or after races to help relieve soreness and stiffness. Deep tissue massage is also a great treatment for leg or hamstring injuries.

Schedule a massage at least three to five days before your big race. This will allow your body time to recover and respond to the massage. You can also take advantage of the benefits from targeted stretching exercises and [mobility exercises](#). In addition to getting a massage, athletes can also use a pre-race massage to increase mobility and reduce joint stiffness.

Running can cause many injuries. A common example is iliotibial band pain, which usually comes on during the run. It can also be aggravated if you climb stairs or take a downhill stroll. There are many massage techniques that can be used to treat iliotibial band pain. The ART massage is particularly helpful in treating this condition as it breaks down adhesions, increases range and motion, and relieves pain. It may also be combined with at-home exercises to improve stability.

Active Release Technique is a therapeutic massage technique that helps runners get back to their peak performance. It's an effective soft tissue treatment without the use of drugs. This method is extremely beneficial for athletes due to its fast healing abilities. The therapist uses gentle pressure, but not too much, to break up muscle adhesions. This will improve your overall range of motion.

Trigger point therapy can be very beneficial for runners as it reduces muscle tightness and improves flexibility. It also relieves pre-existing injuries and helps a runner's nervous system relax. Stress and tension in the body can hinder a runner's ability to adapt to a workout and fatigue much more easily. Massages can help ease the pain and speed up recovery.