

Benefits of Massage for **SOCCER PLAYERS**

COMMON INJURIES

- ACL Knee Injuries
- Shin Splints
- Soft Tissue Injuries
- Sprains
- Strains
- Stress Fractures
- Tendinitis

WHAT MASSAGE DOES

- Develops Flexibility
- Improves Circulation
- Increases Range of Motion
- Reduces Toxins
- Relieves Tension
- Speeds Up Healing
- Stretches Muscles

GET BACK IN THE GAME!

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