

## Benefits of Sports Massage for Soccer Players



It's summertime, and with soccer season in full swing, it's important to take care of yourself. That means staying hydrated, stretching, and getting a sports massage by Matrix Massage Spa. Whether you're a pro athlete, a weekend warrior, or talented amateur, if you play soccer, you need to take care of yourself with regular sports massages.

### What Is Sports Massage?

You may be wondering what a [sports massage](#) is, and why it's special compared to other massage therapy. If you're a soccer player, you know that ***your lower body, including hips and legs, are especially prone to soreness and injuries***. You know that strains and sprains are particularly common in soccer, as are overuse injuries. Sports massage for soccer players focuses on the areas that are most prone to soreness and injury in soccer players. That means that the massage therapist will work on knees and hips, your legs and ankles, and anywhere you might have tension or injury from playing soccer.

But the massage isn't limited just to your lower extremities. ***Our massage therapists are well aware that you can suffer upper body injuries as well due to the contact nature of soccer***. You can easily suffer wrist strains, or even fractures, neck sprains, and shoulder dislocations. We know that you're going to go all out to win that game, which is why you need to be in tiptop performance.

You'll receive plenty of benefits when you receive a sports massage at Matrix Massage Spa in Salt Lake City, Utah.

**Sports massage can actually reduce injury risk and shorten recovery time.** It works by increasing your blood flow throughout your body, and especially the muscles that the massage therapist works on. A massage therapist can help you improve the range of motion in your joints. You'll see increased flexibility, and you'll have less soreness because massage helps remove lactic acid from your muscles. Because massage relaxes you, you'll have less muscle tension. You'll also be able to recover faster between games and practice. And you just might say goodbye to those annoying muscle spasms.

But don't just take our word for it, [experts agree that massage can improve your overall performance](#) . Many pro-teams in soccer have massage therapists on the payroll to take care of their players. It's not a luxury; it's a necessity. If you've ever sprained or strained a muscle, or had a sports injury, you know how debilitating it can be. **Massage can help your body break down that scar tissue from previous injuries and make your muscles and joints more flexible.**

Because you become more relaxed when you have massage therapy regularly, you have less pain. This is because **the massage therapist releases tension from your muscles and helps move the waste products out of your muscles** and into your bloodstream where it can be taken out of your body and eliminated. The result is you have better performance in the game.

Realistically, **you should have a massage once every week**, or every couple weeks regularly. This helps keep your body in good condition for the next game, and the next practice. Having a massage twice a week when you are working out hard is optimal.

## Contact Matrix for your Sports Massage in Utah

At Matrix Massage Spa in Salt Lake City, Utah, we offer the latest and state-of-the-art massages. We know that as a soccer player, you must be on top of your game at all times. We can help you with that. We also provide a host of other [massage services](#) including [Swedish massage](#), [deep tissue massage](#), [Thai massage](#), [hot stone massage](#), [reflexology massage](#), [pregnancy massage](#), [salt body scrub](#), [foot detox](#), and even [chair massage](#).

[Contact us here](#), or call 801-505-9340 to schedule your sports massage that will make you feel great, improve your performance, and get you back in the game today.