

# Athletes Answers Therapy Center Techniques



## Orthopedic Sports Massage

The performance of this advanced therapy includes the use of myofascial release, neuromuscular therapy and therapeutic massage techniques.

## Massage Therapy

Massage therapy promotes a state of relaxation for the client. Soft tissue therapy is a key element in decreasing pain and stress while increasing the body's overall wellness.



## Kinesiology Taping

This advanced form of taping utilizes elastic therapeutic tape to provide stability and support while the body recovers from muscle injuries. It improves muscle performance without restricting range of motion.

## Flexibility Therapy with Athletic Stretching

Flexibility Therapy is a customized series of assisted stretching techniques that focus on specific regions of the body. The goal is to enhance physical performance by restoring range of motion and improving mobility



## Trigger Point Therapy

This technique is a form of deep massage that focuses on sensitive points in your muscles. The goal is to reduce both pain and restricted movement.

## Cupping Therapy

Cupping is the method of using cups to create localized pressure by a vacuum. The vacuum inside the cups causes the blood to form in the area and help the healing in that area.



## Myofascial Release Therapy

Myofascial Release Therapy applies sustained pressure, long stretching strokes, and movement to relax and stretch the muscles. This contributes to improved range of motion and pain relief.

## Gua Sha Scraping

Gua Sha is the application of pressure and friction to the skin using round-edged instruments. It causes a response on the skin and has beneficial effects on pain reduction and muscle function.

