



**CAYMAN MASSAGE & WELLNESS**

Integrative Wellness



# CLINICAL MASSAGE THERAPY

**Sports Recovery, Performance & Injury Prevention**

**For more information or to Book Online**

**Visit : [www.caymanmassage.ky](http://www.caymanmassage.ky)**

Active individuals and athletes place ongoing demands on their bodies through training, competition, and repetitive movement. Without proper recovery, muscle tension and fatigue can increase injury risk and affect performance.

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## Massage Therapy Perspective

Licensed massage therapy supports the musculoskeletal and nervous systems. For active bodies, treatment focuses on maintaining tissue health, circulation, and movement efficiency to support performance and reduce strain.

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## Supportive Care

Sports-focused massage therapy may include targeted techniques to address muscle tension, support recovery, and improve mobility. Treatment is adapted to training schedules, competition phases, and injury history.

## What You Can Do at Home

- Allow adequate rest between training sessions
- Stay hydrated to support muscle recovery
- Incorporate gentle mobility or stretching on recovery days

## Who It's For

- Athletes and active individuals
- Training-related muscle tightness or fatigue
- Injury prevention support
- Post-event or ongoing recovery care

Licensed massage therapy complements both training and rehabilitation programs.



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