

In our Article on Massage and Medical Conditions there seems to be varied benefit in the short term for its use, but what is the case when it comes to Sports and Performance and the use of Massage. A pre-event massage has been suggested as a strategy to decrease pre-competition anxiety and to prepare the muscles for competition (Review). There seems to be a great deal of benefit from massage with anxiety, but it may not help if you are looking to perform better in a physical task. A systematic review and meta-analysis in 2020 examining the effect of massage on measures of sporting performance and recovery found no evidence that sports massage improves performance directly, it does improve flexibility and recovery after sport or exercise (Review). *PHYSICAL TASKS (JUMPING, SPRINTING, ETC) WERE THE MEASUREMENTS AND NOT HOW WELL AN ATHLETE PERFORMED IN A SPORTING SITUATION. SOME ATHLETES SWEAR BY ITS CALMING EFFECT.*

Overview:

Strength: Meta-analysis of these studies found that massage had no overall effect on strength

Jumping: Meta-analysis of these studies found that massage had no overall effect on jump performance

Sprinting: Meta-analysis found that massage had no overall effect on sprint performance

Endurance: Meta-analysis of these studies found that massage had no overall effect on endurance

Fatigue: Meta-analysis found no significant effect of massage on fatigue

Flexibility: Meta-analysis of these studies found that massage significantly increased flexibility scores

Soreness: Meta-analysis of these studies found massage was associated with a statistically significant improvement in measures of soreness and recovery after sport.

The meta-analysis found no conclusive empirical evidence for benefits on the outcomes of performance examined with massage: no evidence of improvement in performance measures (strength, jump, sprint or endurance). There were two studies that suggested massage may have a detrimental effect on performance. It may help in Recovery after sports though for several days, but more research is needed. It is the same as Stretching on Physical Tasks, both decrease performance because they relax the muscle.

DO YOU/CAN YOU
DO THIS?

SHORT WELLNESS
SELF-CHECKS

Do you get Massages and Do they Improve PHYSICAL TASKS

Sport Massage may help in Recovery, but not in physical task performance. This does not mean it will not help you in a Sport



**Self-Wellness:
Solving problems.**