

Massage Offers Significant Benefits To Athletic Performance For Competitive Events

With SMART Bodywork® you will receive the best hands-on skills from our licensed and insured massage therapists in your area.

We hope you experience joy and relief from your massage session with us.

SMART Bodywork® was created so every person could have access and knowledge to a higher quality of recovery so performance at work or on the field will excel.



Manual therapy tools for competitive events may include:

- Sports Massage
- First Aid/CPR/AED
- Light athletic stretching, Range of Motion
- Other athletic practitioners available to be on-site (ATC, PT, EMT)

Benefits are:

- Reduces risk of overuse injuries
- Increases blood circulation & Range of Motion
- Reduces swelling, discomfort and pain in the athlete's body
- May reduce insurance premiums and injury risk

How Does Your Organization Benefit From Our Massage & Athletic Services?

- Increased athletic performances and higher competition value per event
- Safer sport environment and larger sponsorship opportunities
- Thankful parents, coaches, organization members for your organization's due diligence



For More Educational Information, Follow Us @smartbodywork

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