

Increasing Athletic Performance and Minimize Risk of Injury
with Sports Massage Therapy & SportStretch

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

SMART Bodywork® was built for the everyday athlete. From Olympians to couch potatoes, we know you need access to higher quality knowledge and manual therapy skills for your best recovery - and because EVERY performance matters – we'll help you feel complete from head to toe.



Benefits are:

- Stretching, traction and Range of Motion
- Momentum, breath and pressure will help alleviate low back pain
- Increases blood circulation through the hips, a main point of need for most
- Reduces swelling, discomfort and pain in the body
- Relaxation and a complete stretch are what most people “feel” post SportStretch

Massage services may include:

- Neuromuscular massage and pressure to alleviate injury and support recovery
- SportStretch (mat-based combination of sports and Thai massage)
- Sports Massage and Bodywork with Mechanical Therapy tool
- Athletic stretching, range of motion

Who NEEDS This

- Service Providers & Blue-collar Workers
- Marathoners, Tri-athletes, Runners, Bikers, Swimmers
- High Intensity Interval Training Coaches & Athletes
- CrossFit and Weekend Warriors
- Mixed Martial Arts Instructors and Athletes
- Football, Basketball, Baseball, Hockey, Soccer
- Gymnasts, Dancers, Cheerleaders



Connect Here @smartbodywork
Smartbodywork.com
844.426.3997
info@smartbodywork.com

