

What is Sports Massage?



Sports massage enhances elasticity of muscles, areas of tension and increasing flexibility. Massage promotes faster recovery from exercise.

Benefits of sports massage include:

- * increased flexibility and therefore flexion
- * softening "stiff" horses
- * assisting in evening out one-sided horses
- * relieving tightness for greater extension
- * less risk of injuries related to tight or inflexible muscles
- * stress relief for anxious horses

A sports massage
is so much more
than a rub!

More information at: <http://massage.lorienstable.com>



New client special:
\$45 first massage
\$120 series of 3

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Equine sports massage therapy
is not a substitute for veterinary care.