

Become Stronger And Leaner [LEARN MORE](#)

SPORTS MASSAGE



Jon is certified in **ISA Advanced Sports Massage** and he can help you both in **preventative and restorative treatments to improve athletic performance, speed recovery**, and can be utilized by all individuals who participate in any athletic and/or exercise program to **help improve conditioning and maintain peak performance**:

- Reduce muscle tension
- Promote relaxation
- Increase range of motion
- Improve soft tissue function
- Decrease muscle stiffness and fatigue after exercise
- Improve exercise performance
- Decrease delayed onset muscle soreness
- Reduce swelling
- Enhance athletic performance
- May help prevent injuries when massage is received regularly

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TESTIMONIAL



tsy.brawnyjon
The Strength Yard

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ZANE

“The massage was up to my expectations, it addressed my tightness in various muscles and after the session I felt better with less knee pain as well.” @zane_ljh

When a muscle is tight it can irritate nerve receptors within the muscle. This in turn can lead to feelings of muscular pain and discomfort.

As for Zane’s case, he has been feeling some discomfort around the patella area which could be due to the increased training volume from squatting. Therefore, reducing muscular tension can lead to a reduction in nerve irritation and a reduction in muscular pain and discomfort.

