

Remedial Sports Massage E-Book



2024

Benefits Of Massage

- Experience improvement in flexibility and mobility so you can amplify your training and set new PBs every week without the fear of injury.
- Naturally boost your energy so you can 10x your productivity and recover faster.
- Calm your CNS and improve circulation to allow you to easily tap into flow state.
- Manage stress better so you can make powerful decisions from a non-reactive space and unlock genius-level decision-making.
- Improve posture and strength - when you feel strong, you move strong, allowing you to show up fully and confidently in the gym and work environments.



This could
be you!

5 key factors to maintaining superhuman performance

1

Acknowledge that you are already SUPER. We're just taking it to the next level, so you can unlock your true potential.

2

Mindset. Dedicate time every day to a mindful practice that will support you in owning your day. Here is a [link](#) to our 30-minute breathwork video that has helped so many high performers, like you, unlock their genius level.

3

Nutrition. Giving your body the correct fuel is essential. Contact us on katfitsa@yahoo.co.za to enquire about our meal plans and programs.

4

Have a balanced training regime. By incorporating strength and mobility training, you will prevent injuries and experience more freedom in your day-to-day movements. If you are ready to take your training to the next level visit www.katfit.co.za.

5

Adequate rest and recovery. Regular massage therapy is your gift to you, that will support you on all levels - from stress management and fatigue to hitting new PBs in the gym. We've got your back!



Your journey begins here...



We specialise in helping high performers optimise their physical and mental performance, so they can cultivate greatness, and unlock their full potential through specialised massage therapy.

Although we can not give you more hours in a day, we can ensure that you have more energy, so you can increase your productivity and impact.

ARE YOU READY?

How to prepare for your treatments

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We move because we love our bodies; because we have a deep sense of gratitude for our bodies. Stagnation leads to deterioration. To maintain flow in our lives, we need to keep moving.



- Avoid anti-inflammatories or pain killers 48 hours prior to your massage treatment. We rely on the communication between brain, CNS (central nervous system) and muscles, which means that these drugs can make communication fuzzy and you do not experience the full benefits.
- Eat lightly on the day of your treatment, and drink lots of water prior to your massage. We recommend adding a crystal of Himalayan salt to your water, which is rich in minerals.
- Avoid stimulating your body prior to your massage, with high-caffeinated drinks, pre-workouts or fat burners.
- Give yourself at least an hour after your massage to relax and integrate the work that's been done.



Contra-Actions

What you can expect to feel after your treatment

- Heightened emotional state. You are a holistic being, and as we release congestion physically, often we can release emotional congestion. Be gentle with yourself.
- Frequent urination - a sign of toxin release.
- Active bowels - improvement in the digestive system.
- Tiredness - the body is in a theta state during a session, which can leave you feeling sleepy. We also activate your parasympathetic nervous system, which is going to result in rapid healing and recovery; however, rest is needed.
- Tenderness - this is 100% normal, and should subside within 24 hours. Light movement is recommended (stretches can be found below).

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*You are unlimited potential,
with the winds of the
universe at your back.*

*Oh yes - and us! We've
always got your back!*





Aftercare and post massage



- Hot Epsom salts bath, 500g to 1kg, can be added to your bath. Soak for 10 to 15 minutes to boost recovery.
- Add lavender aromatherapy to your bath. Lavender is a powerful anti-inflammatory and promotes quality sleep.
- Peppermint, rosemary, and lemon are great to increase energy and relieve fatigue.
- Marjoram, eucalyptus, and black pepper are great for aches and pains.
- Please note: do not use aromatherapy if pregnant, or if you have untreated high blood pressure and heart disease.
- Stretching is recommended, to complement your massage therapy. Grab our 20-minute yoga video [here](#).

Mobility Drills

Try these easy-to-follow drills to level up your mobility and fast-track your fitness journey.



Improve your overall shoulder flexibility and mobility with this [20-minute video](#).



Enjoy this easy-to-follow [25-minute stretching video](#) for upper and lower back care. Great for improving posture and keeping your spine healthy.



Often the tension in our lower body can hinder our ability to move with ease. Here is a great [20-minute lower body flexibility session](#) that will help improve your overall range of motion.



Improve hip mobility with this easy-to-follow [15-minute video](#). This is the largest joint in our body and often the area that holds the most tension. Boost recovery and prevent injury with this stretch session.



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