



My Sol Touch – Sports Bodywork

Sports massage is requested and used by thousands of athletes around the world every single week. Weekend athletes, dedicated sports athletes, and active adults with regular exercise routines all benefit from sports massage. Long-term benefits of sports massage include improved flexibility and range of motion, reduced risk of injury through muscle health maintenance, and enhanced athletic performance due to better circulation, faster recovery, and reduced muscle tension. Regular sessions also provide significant psychological advantages, such as decreased stress, anxiety, and improved sleep quality, which support both mental and physical well-being.



How It Works



Rob uses a combination of techniques through his 30–40-minute sports bodywork treatments. Depending on the nature and location of muscle tightness, due to sports activity, Rob may use:

- Gentle, gliding strokes to warm up muscles and assess tissues.
- Kneading, squeezing, and rolling muscles to release knots and break up adhesions.
- Friction movements, deep, targeted pressure, applied across the muscle fibers, to break down scar tissue and adhesions.
- Sustained pressure applied to specific, painful knots within a muscle.
- A combination of stretching and massage to soft tissues to release tension.
- Techniques to free restrictions in the fascia (the connective tissue surrounding muscles), including handheld massage instruments and tools.



Benefits



- Ease Muscle Soreness / Relieve Muscle Fatigue
- Reduced Inflammation / Endorphin Release
- Improved Circulation / Reduced Muscle Tension
- Faster Recovery Time / Improved Performance

“I’m a young guy and I like to work out. I, honestly, never thought of getting a massage. I found Rob’s massage flyer on the floor of the locker room at my gym. That day, I overdid it, and my muscles were hurting in my legs. I thought, ‘what the hell? I’ll call this guy.’ I’m so glad I did. I had never gotten a massage. I didn’t know what to expect or what it was about, but I was willing to try it out, especially since he said I could pay

whatever I felt like paying for the first massage. That was my kind of deal. Rob assessed my muscle tightness and asked about my exercise routine, warm-ups, and rest periods. I was overdoing it. He made me feel comfortable and not weird about getting a massage. He worked on my legs, hips, butt, and lower back.

Wow, it was immediate relief. He only worked for 30-40 minutes, but it helped, and I felt better for days.”

- Scott (University of Delaware)

Contraindications for sports massage

- Acute injuries
- Sprains and bruising
- Burns
- Varicose veins
- Skin infections and infectious disease
- Blood clots
- Tumors
- Cardiovascular problems
- Cancer
- Pregnancy
- Recent surgery
- Metal implants

If any of these issues are present, sports massage and most massages are not appropriate. Further harm can be caused to the client. The client should honestly report any of these issues in advance.

The difference between sports bodywork and deep tissue bodywork.

	Sports Massage	Deep Tissue Massage
Primary Goal	Performance enhancement, injury prevention, and recovery for active individuals who engage in sports programs, exercise routines, and sporting events.	Relieving chronic muscle tension and pain in any individual.
Typical Duration	30-40 minutes	60-75 minutes
Target Audience	Primarily athletes or actively exercising individuals.	Individuals with chronic muscle stiffness, postural issues, or long-term pain.
Techniques	Combines techniques like stretching, friction, and percussion. It may include firm strokes and active stretching to improve range of motion and flexibility.	Uses slow, firm strokes and sustained deep pressure to reach deeper layers of muscle and connective tissue to break down adhesions and knots.
Focus	Specific muscle groups used in a particular sport or activity: typically, legs, buttocks, and arms.	Areas of chronic tension, such as the neck, shoulders, lower back, and hips.

*Rob does NOT offer deep tissue massage.

Consent

As with all massage services, clients must sign a consent form before receiving services. Every massage service involves physically touching a client and manipulating a client's body, using massage techniques. Because of this physical contact, all clients must complete a massage service *Intake Form* and sign a *My Sol Touch Consent Form* before service.

My Sol Touch Bodywork is located in Wilmington, DE, and serves clients in the Philadelphia, Delaware, and southern New Jersey area.

Services

- Thai Oil Bodywork / Swedish Massage
- Tao Bodywork / Soothing Massage
- Sports Bodywork / Massage
- Custom Massage upon request

\$20 deposit required at the time of booking. The deposit is deducted from the final fee charged upon completion of the bodywork treatment. The deposit becomes non-refundable if a cancellation is made after the deadline or if the client does not show up for the appointment.

60-Minute Bodywork Packages Available

- 10% off 3-session bodywork package
- 10% off 3-session bodywork and meditation combination (balance each bodywork experience with meditation integration)
- 15% off 6-session bodywork package
- 15% off 6-session bodywork and life coaching combination (balance each bodywork experience with life coaching support OR swap bodywork for a life coaching session)

Gift Certificates Available

Payments Accepted: Paypal Zelle Cashapp Venmo Cash

Cancellations: Please provide 24 hours' notice for appointment cancellations.