



Injury Prevention

Keep it Supple

It isn't just muscles that are protected by massage! Attached to the muscles are TENDONS that absorb percussive stress with every stride, in all footings.

Kept supple, the muscles are able to give dynamic support to the important tendons of the legs. Other supportive connective tissue is also manipulated to minimize the effects of jarring and stress on the legs.

It's a very good idea.

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