

# Do You Have a Young Athlete In Your Family?

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Young athletes work hard at their sport and often push their bodies to the limit.

Massage can be an important part of their training and recovery whether they have suffered an injury, have overused their muscles, are trying to compensate for poor mechanics or simply wish to maintain good health.

At Hillsborough Massage Therapy we specialize in working with athletes. Our therapeutic sports massage techniques reduce muscle tension and tightness while improving function, range of motion and recovery.

We will give suggestions to the young athlete on appropriate stretches for their sport and we will recommend strategies to keep them healthy and safe.

In recognition of the special needs of young athletes and their parents, we now offer a special 45-minute session at a reduced cost of \$55.

Regular therapeutic massage at Hillsborough Massage Therapy will help keep young athletes ready for their sport.

We can schedule sessions around busy schedules seven days per week. Most techniques can be accomplished with the athlete in sports attire (shorts, sports top). Our six certified therapists have years of experience working with athletes of all levels and ages.

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For an appointment or for questions, call us at (908) 359-5777 or email us at [info@hillsboroughmassage.com](mailto:info@hillsboroughmassage.com). For additional information about us see our website, [www.HillsboroughMassage.com](http://www.HillsboroughMassage.com). We can also be found on Facebook.

Instant Gift Cards available for Birthdays, Holidays and Sports Victories!

**Hillsborough  
Massage Therapy LLC**

**“The Very Best In Massage!”**