

## Review

# The Effects of Massage Therapy on Sport and Exercise Performance: A Systematic Review

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**Abstract:** Background: A massage is a tool that is frequently used in sports and exercise in general for recovery and increased performance. In this review paper, we aimed to search and systemize current literature findings relating to massages’ effects on sports and exercise performance concerning its effects on motor abilities and neurophysiological and psychological mechanisms. Methods: The review has been written following the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analysis) guidelines. One hundred and fourteen articles were included in this review. Results: The data revealed that massages, in general, do not affect motor abilities, except flexibility. However, several studies demonstrated that positive muscle force and strength changed 48 h after the massage was given. Concerning neurophysiological parameters, the massage did not change blood lactate clearance, muscle blood flow, muscle temperature, or activation. However, many studies indicate pain reduction and delayed onset muscle soreness, which are probably correlated with the reduction of the level of creatine kinase enzyme and psychological mechanisms. In addition, the massage treatment led to a decrease in depression, stress, anxiety, and the perception of fatigue and an increase in mood, relaxation, and the perception of recovery. Conclusion: The direct usage of massages just for gaining results in sport and exercise performance seems questionable. However, it is indirectly connected to performance as an important tool when an athlete should stay focused and relaxed during competition or training and recover after them.

**Keywords:** recovery; motor abilities; neurophysiology; psychology; performance

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## 1. Introduction

Today’s regime of competitive sport is very intensive and often causes athletes to become fatigued. If the organism has not recovered enough between strenuous activities, it could eventually lead to overtraining or an injury. It is also necessary for recovery to be as fast and efficient as possible because, in real field situations, during breaks, an athlete has a couple of hours or sometimes only a few minutes to prepare for the next game/match. The difference between winning and losing is often the capability to optimally maintain muscle work despite fatigue. A sports massage represents a tool that is frequently used in sports for that purpose, to recover and prepare an athlete for the following match [1–3]. However, it has been highlighted that sports massage is time-consuming and expensive [3]. Therefore, the best and most efficient practices should be explored, which are also supported by evidence.

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**Daniel F McAuley**



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