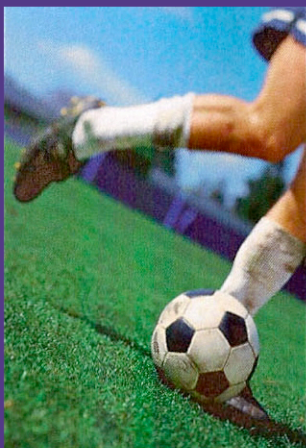


## Training

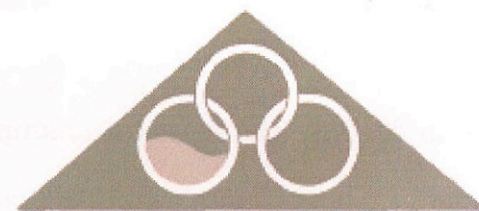
Karen has been a practicing massage therapist for over 20 years. She has 1,000 hours basic training from the Atlanta School of Massage, as well as advanced training in Sports Massage and Injury Care from that institution. She also holds certifications in Shiatsu, Reflexology, and Neuromuscular Therapy. To further her education and her experience, Karen has worked with surgeons, chiropractors, and physical therapists. She has taught at several schools, in Atlanta, California, and Baltimore.



Gift Certificates Available  
House calls Available

*Karen Roberts, Sports Massage Therapy*  
6237 Pine Tree Place, Ste. #103  
Extonido, CA 92025

# Sports Massage Therapy



*Karen Roberts, LMT, NCMT*

507-379-6194  
[kroberts@msn.com](mailto:kroberts@msn.com)



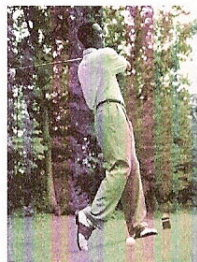
## ***Sports Massage Experience***

Karen was trained by students of Benny Vaughn and has traveled throughout the country and gone as far as Australia to work with some of the finest Sports Massage Therapists in the world. She has done pre-event work on virtually all of the top professional triathletes in the sport at one time, as well as many top cyclists and runners, including Lance Armstrong, Mark Allen, Scott Tinley, Dave Scott, John Howard, Craig Virgin, and Antonio McKay.

These factors contributed to Karen's being asked to set up and run the massage department in the the first Olympic Training Center in the country, in Colorado Springs. Since then, she has added Baltimore Ravens and Orioles, and Washington Wizards — including Sam Adams and LaTroy Hawkins — to her client list.

## ***Karen Answers Some Frequently Asked Questions***

### ***How is sports massage different from regular massage?***



The primary difference is that sports massage deals with the body as an entity in motion, rather than static, on a table. This enables me to anticipate and therefore prevent compensations. As an experienced massage therapist, I do not use any one style, but rather pull from the many techniques I have learned, including strokes particular to sports massage.



### ***But I don't feel sore. Why do I need massage?***

So you can play with your grandkids. If you don't have them now, you probably will. Tension wears down the tissues, whether you can feel it yet or not. By the time you do feel it, damage may already have been done. Massaging the tension out now will help extend the healthy life of the muscles and joints.

### ***I can't tolerate deep work. That means sports massage is not for me, right?***

No. Whether or not you can tolerate deep pressure has more to do with the approach than the pressure. Even my most hesitant clients have discovered they can comfortably tolerate very deep tissue work.

### ***What is the next step?***

Give me a call. Book a session or get more information.



*Karen Roberts, LMT, NCTM*

***First Half Hour  
FREE***