INTRODUCTION

SPORTS MASSAGE

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The *Sports Massage* helps an athlete cool down from the offending activity or the winning activity and also to better prepare them for recovery and get them in back into the field of play again as soon as possible so that they can continue on the competition arena.

For some people that will eliminate a number of recovery days rather than having a prolonged recovery time.
The difference on pre-event and post-event Sports Massage will be the *timing* of the movement and the *compression.*

**COMPRESSIONS**

Compressions are your friend in this technique and when you do compressions on a limb, you're always going to work toward the heart. Within the limb, you can separate them into different segments.

On the posterior side, you can start from the *Gluteal fold up to the Iliac Crest (A), then move to the Popliteal Space to the Gluteal fold (B), then from the Achilles Tendon and the heel up to the Popliteal Space (C).*

On the arm, you can work from the Antecubital Fossa to the shoulder and then from the wrist to the Antecubital Fossa
The technique is somewhat similar to Lymphatic Massage. The concept is that to make sure that you flush out the area closest to the heart first so that it can receive more blood regularly, bring in more nutrition and speeding up recovery.

In each case, the Sports Massage that’s given to the athlete is tailored to the sports that they’ve been doing. As an example, if you have a runner on your table, you want to make sure that you are spending most of the time at the lower extremity rather on the upper extremity and the neck. It doesn’t mean that those were not involved in the activity but the areas of work that are more important to be focus on is the lower extremity rather than the upper part of the body.
The video will present a basic full body sports massage that can be used for most post-event competitions. It includes using many of the basic techniques including effleurage, tapotement, petrissage, vibration, and some simple stretching moves that can be incorporated into your event massage protocol. This protocol can be completed in roughly 15 minutes once learned and practiced. When practicing sports massage at an event, the speed and the pressure will be adjusted for either pre-event or post-event

WATCH THE FULL VIDEO
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