Sports Massage

Event preparation

research the event
allow time to set up
organize athlete flow
don't overexert yourself
locate first aid station

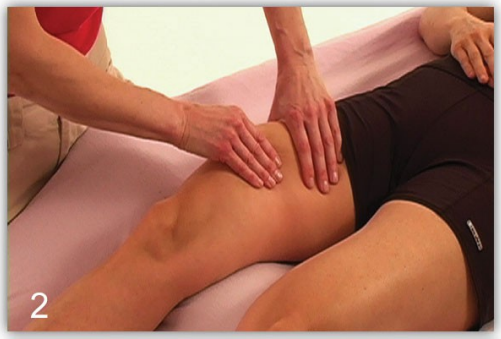
Bring:

1. sanitizing wipes
2. spray bottle & paper towels
3. lubricant
4. a blanket
5. large towels
6. business cards/ appointment book
7. a clock
8. change (if charging)

Techniques

Here are the types of strokes involved in sports massage:

compression
broadening (1)
friction
petrissage (2)
compressive effleurage
tapotement (3)



General areas of attention

SWIMMER

Rotator cuff
Pectoralis
Latissimus
lower back

RUNNER

quadriceps
hamstrings
gluteus
calves
feet

CYCLIST

neck extensors
wrist flexors
quadriceps
hamstrings
calves

COURT

back
gluteus
hamstrings
quadriceps
calves
pectoralis
general arm

Cramps

Causes:

muscle fatigue

dehydration

electrolyte imbalance

step 1: ask if they want your help

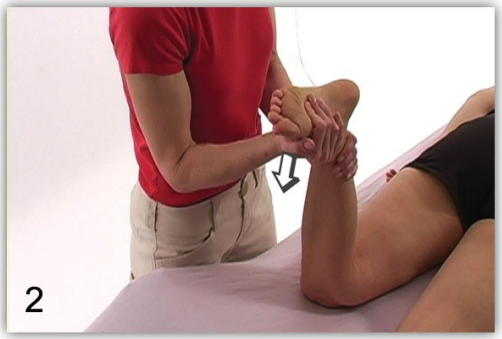
step 2: compress the muscle (1)

step 3: use reciprocal inhibition (2)

step 4: compressive effleurage (3)

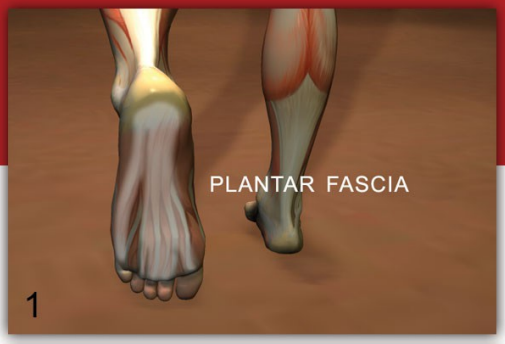
step 5: apply ice

If this does not help then have them re-hydrate and return later.



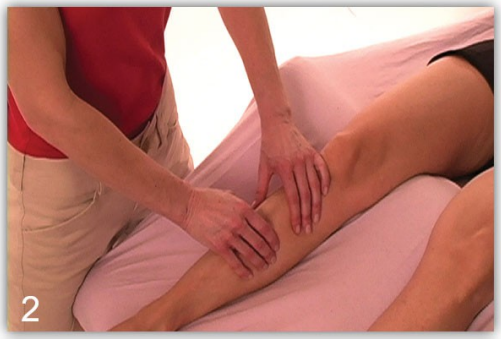
Plantar fascitis

- strip from pad to heel (1)
- circular friction on sore spots
- broadening on gastrocnemius (2)
- circular friction on gastrocnemius
- ice plantar fascia
- stretch plantar fascia (3)
- foot pick-up exercise



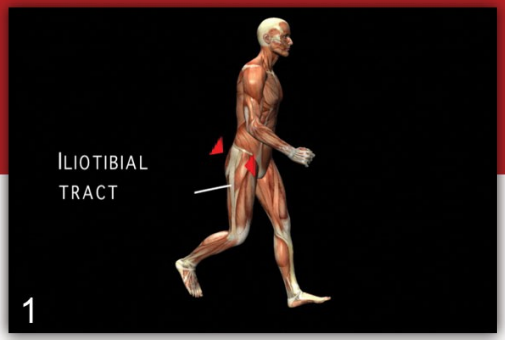
Shin splints

compress media tibial muscles (1)
use circular friction
efflurage medial tibial area
compress the tibialis anterior (2)
circular friction on the tibialis anterior
circular friction on soleus/gastrocnemius
spread soleus/gastrocnemius
stretch soleus and gastrocnemius (3)



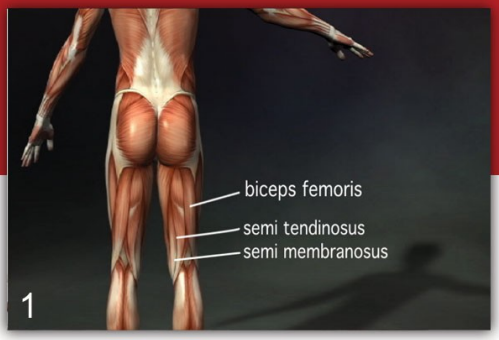
Iliotibial band syndrome

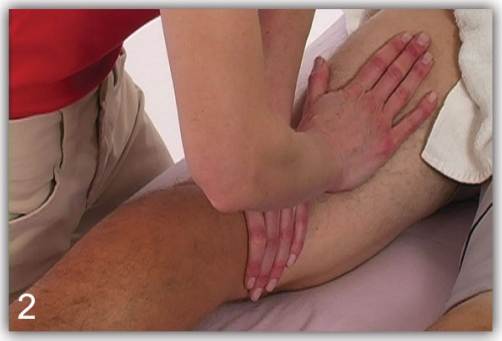
compress gluteal muscles with palm (1)
compress tensor fascia latae with elbow
broadening effleurage on ITB
circular friction with elbow on ITB
circular friction with fingers (2)
effleurage
actively stretch (3)
strengthen



Hamstring strain

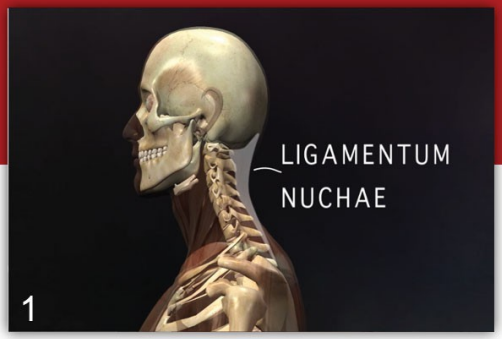
- Effleurage hamstrings (1)
- Circular friction on tender spots
- Examine ischial attachment
- Compress tendon attachment with fist
- Circular friction on lower tendons
- Elongate with crossed hands (2)
- Re-check
- Actively stretch hamstrings (3)

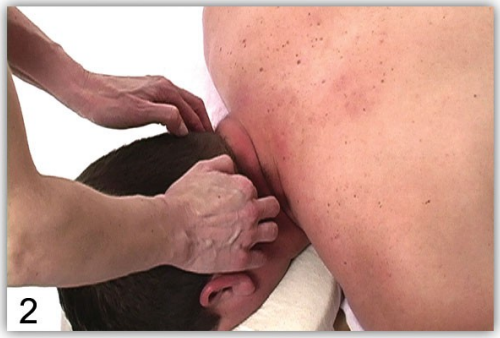




Neck extensors

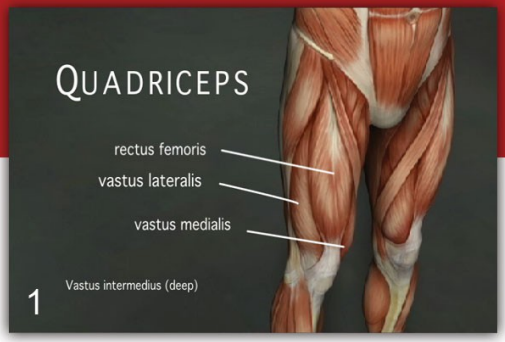
COMPRESS PECTORALIS
CIRCULAR FRICTION ON ATTACHMENTS
STRETCH PECTORALIS MAJOR
COMPRESS TRAPEZIUS
BROADEN MIDDLE TRAPEZIUS
BROADEN UPPER TRAPEZIUS
CIRCULAR FRICTION ON TENDER SPOTS
PETRISSAGE UPPER TRAPEZIUS
ACTIVE STRETCH TRAPEZIUS
PETRISSAGE NECK EXTENSORS
STRETCH NUCHAL LIGAMENT (1)
CIRCULAR FRICTION TRANSVERSE PROCESSES (2)
CIRCULAR FRICTION SUBOCCIPITALS
STRETCH NECK EXTENSOR (3)





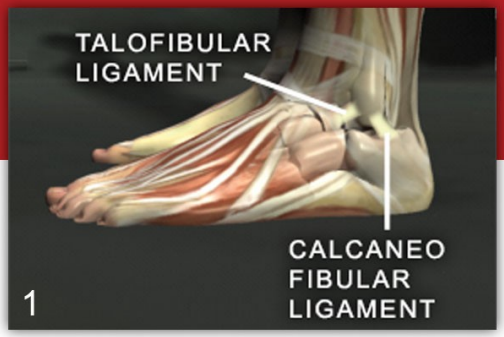
Patellar tendonitis

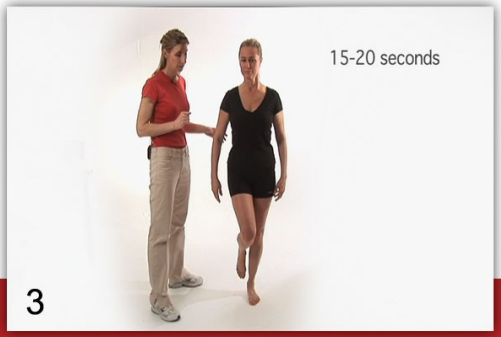
effleurage quadriceps (1)
circular palm friction
circular finger friction on tender points
Broadening with forearm
friction infrapatellar tendon (2)
Ice therapy
actively stretch Quadriceps (3)



Ankle sprain

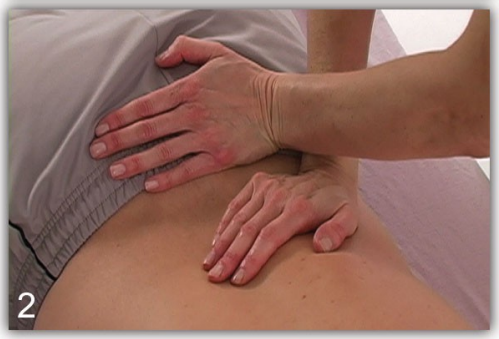
Lymphatic effleurage leg
friction ligaments (1)
compress soleus
broaden soleus
compressive effleurage to calf
compress peroneus muscles with fingers
circular friction on peroneus
effleurage
direct compression to tibialis anterior
stripping strokes on anterior leg (2)
strengthen ankle(3)





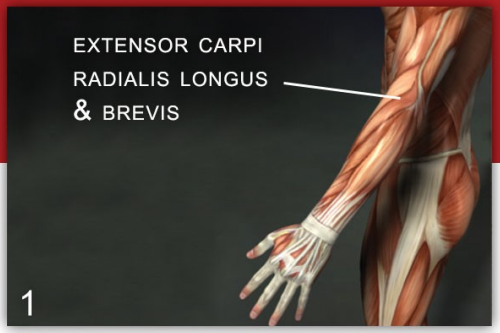
Lower back

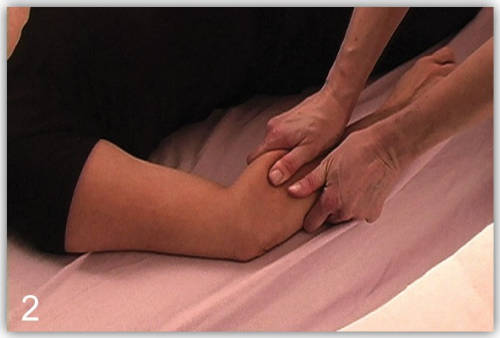
TEST PSOAS FOR RESTRICTION
ARTICULATE LEG WITH PRESSURE ON PSOAS
COMPRESS GLUTEUS AND PIRIFORMIS
BROADENING COMPRESSION WITH TWIST
FRICTION PIRIFORMIS ATTACHMENTS (1)
REPEAT GLUTEAL BROADENING
EXAMINE SACRO-ILIAC JOINT EQUALITY
WORK HIGH SIDE QUADRATUS LUMBORUM
BROADENING (2)
FRICTION TRANSVERSE PROCESSES
REPEAT BROADENING
ACTIVELY STRETCH QUADRATUS LUMBORUM (3)



Tennis elbow

COMPRESS THE EXTENSORS (1)
BROADENING TECHNIQUE (2)
CIRCULAR FRICTION ATTACHMENTS
COMPRESSIVE EFFLUERAGE
COMPRESSION WITH WRIST MOTION (3)





Rotator cuff & shoulder

Compress serratus anterior
Compress the latissimus dorsi
Finger pressure to subscapularis
    while articulating arm (1)
Finger pressure on pectoralis major
Palm pressure, then circular friction
Prone: compress the trapezius
Broadening strokes
Circular friction to rhomboids
Effleurage trapezius and rhomboids
Circular friction on the infraspinatus (2)
Circular friction on the supraspinatus
Petrissage the deltoid (3)