

Sports Massage

Main Techniques:

1. Friction
2. Kneading
3. Vibration
4. Broadening & Lengthening

Results:

1. Rid muscle of waste or poisonous substances which bring on fatigue and stiffness
2. Increase additional growth of bone and muscle
3. Increase performance
4. Decrease injury potential
5. Supports soft tissue healing
6. Increase range of motion & flexibility in muscle

Five major applications of sports massage:

1. Recovery- to enhance the athlete's physical & mental recovery
2. Remedial- to improve a debilitating condition
3. Rehabilitation- to facilitate healing after a disabling injury
4. Maintenance- help the athlete maintain optimal health
5. Event- to help athlete to prepare for an event which consist of three parts.
 1. Pre-event - to help prepare the athlete mentally and physically for an event.
 2. Post event - to help athlete recover from an event, while preparing for an upcoming one

Important Primary & Secondary effects of Sports Massage

(Primary effects refer to the physiological & psychological conditions of the athlete)

- Improved fluid circulation
- Muscular relaxation
- General relaxation
- Functional separation of muscle & connective tissue
- Increased mental alertness & clarity
- Deactivation of trigger points

(Secondary effects refer to performance-related outcomes)

- Greater energy
- Greater flexibility & range of motion
- Fluid movement
- Faster recovery
- Pain reduction

