



SPORTS MASSAGE

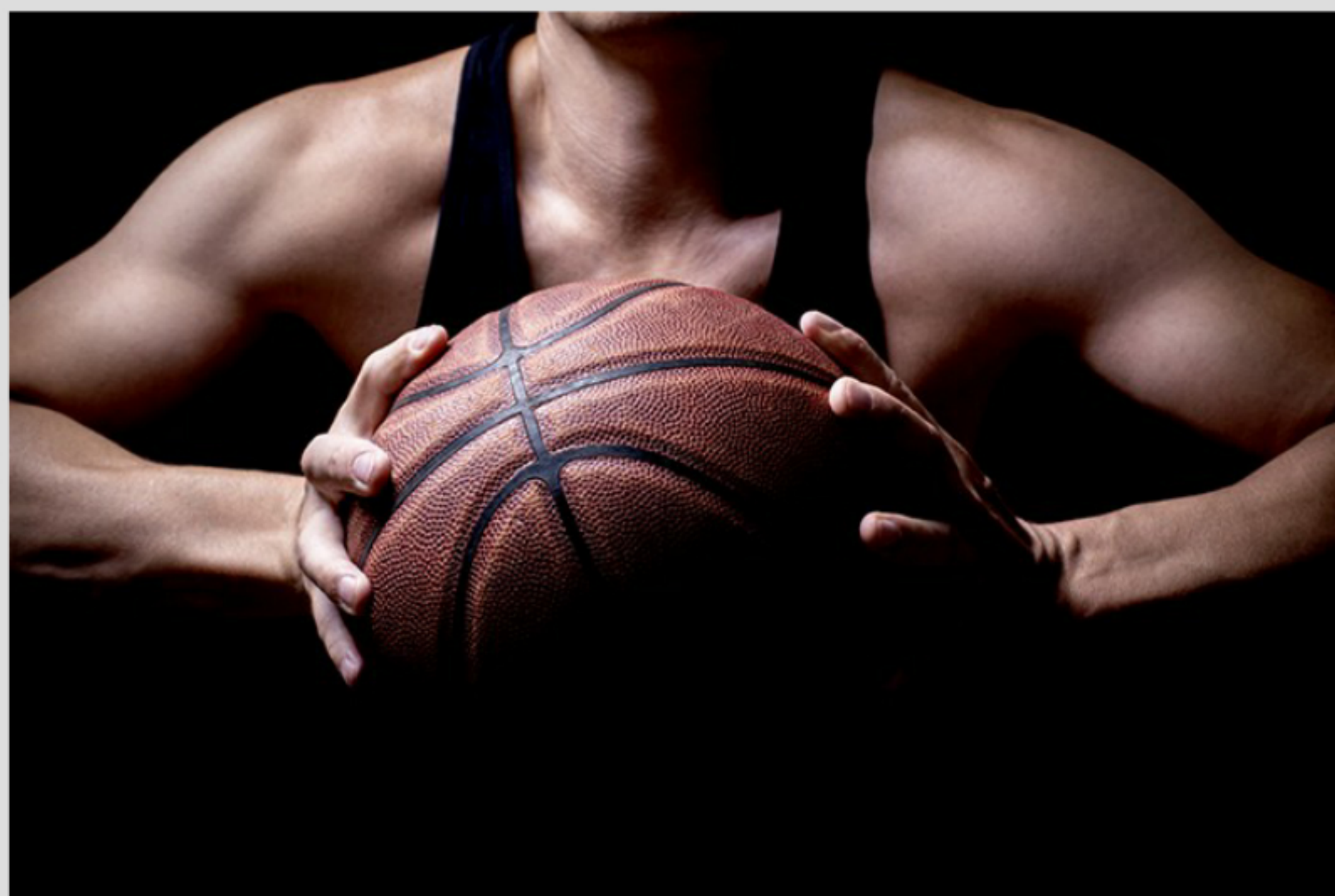
An in-depth look at adding Sports Massage Therapy to your practice

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Sponsored by: Pivotal Health Solutions

A Closer Look:

SPORTS MASSAGE THERAPY

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SPORTS
MASSAGE
Introduction



Sports Massage Therapy is a very popular specialization within the massage therapy profession



However, sports massage can be challenging to define



So, what exactly is sports massage therapy?



OVERVIEW



Event
Preparation



Prevention &
Maintenance



Injury
Treatment



Recovery

CHALLENGES in Sports Massage Therapy



- **The work is tough; requires therapists to be in good shape**
- **Long hours; schedule requires flexibility**
- **Requires application of critical thinking skills to techniques to achieve the best results**
- **Timing, setting, common stress areas, training schedule to be factored into treatment decisions**

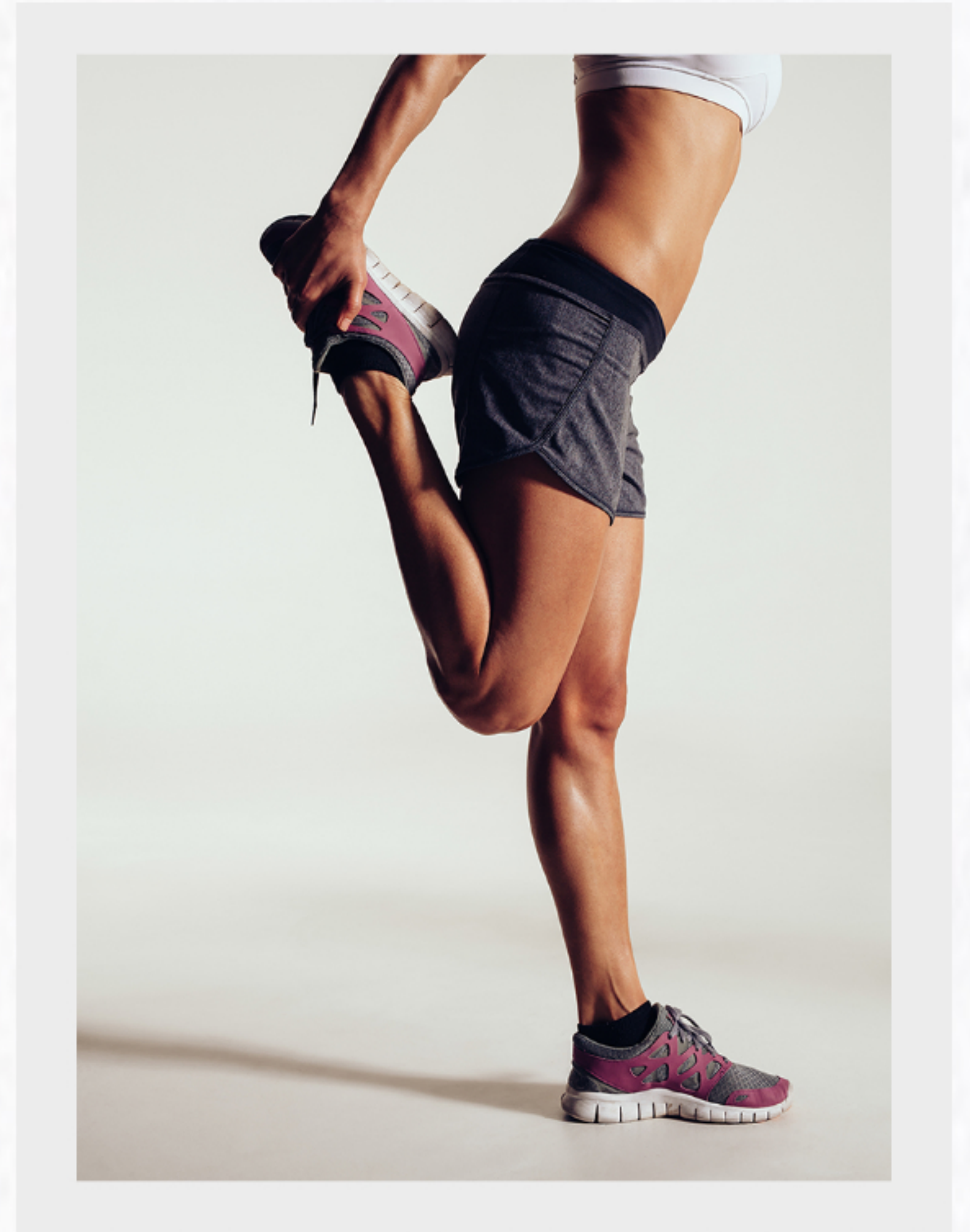
DEFINING Sports Massage Therapy

- **Sports Massage Therapy is NOT only for elite athletes!**
It is beneficial for anyone who suffers from chronic pain or has an injury
- **Treating athletes or not, know the population you are dealing with**
Some techniques should not be applied to certain populations; pressure and pace should be adjusted depending on patient
- **Apply critical reasoning approach to determine phase of therapy**

4 MAIN AREAS OF TRAINING & TIMING

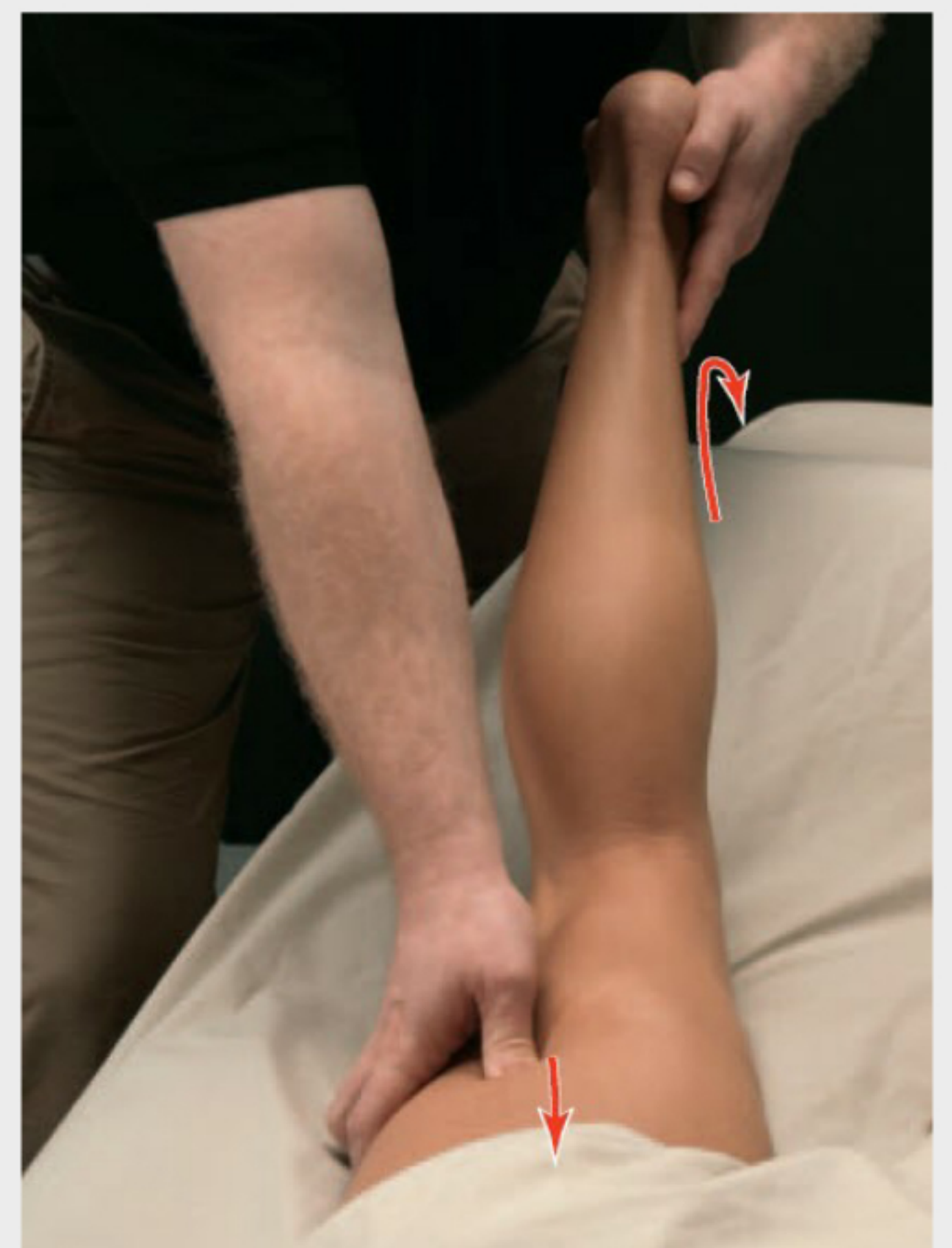
1. EVENT PREPARATION

- Traditional pre-event massage
- Helps reduce injury
- Utilized as part of overall warm-up; ideally performed within 90 minutes of play
- Quick, lighter, and more general than regular massage; should not last more than 10-15 minutes



2. PREVENTION & MAINTENANCE

- Best done when athlete can recover from soreness
- Time to work a bit deeper, remove any tissue restrictions & make corrections without disrupting training cycle
- Improve range of motion, remove trigger points, improve scar mobility



3.

INJURY TREATMENT

- Can be done while athlete is still in competition
- Techniques such as lymphatic drainage to scar massage, depending on situation
- Athlete may be in rehabilitation, important to communicate with



4.

RECOVERY

- An extremely important time to get massage done
- Includes post-event massage; recovery massage
- Reduces post-exercise soreness; improves feeling of recovery, reduce muscle fatigue, improves blood flow
- calms nervous system & helps relaxation





- **Review what you know**

- Become expert in bony anatomy, joint structures, characteristics, muscle anatomy & function, surface anatomy
- Incorporate clinical reasoning; view each patient/athlete as an individual- assess all symptoms
- Formulate specific, individual treatment plan & constantly reassess to determine future treatment to provide best treatment
- Refer other healthcare providers as needed; other modalities other than massage may be in your patients best interest



- Seek out continuing education to improve initial massage education
- Get experience with athletes; take advantage of 1-day events; seek out various athletic events
- Gain experience with different teams; gain experience with injuries or shadowing in rehab setting



Get your Sports Massage Specialty Certificate by the AMTA & NCBTMB

This certificate was developed in partnership with top sport massage educators, medical doctors, sports science experts. This certificate provides a solid foundational overview on sports massage & its settings through online classes & workshops. Learn more here: amtamassage.org/sports

NCBTMB *Resource Center*



Why
you should
specialize in
**Sports Massage
Therapy**

- It's a powerful type of therapy that can benefit a wide variety of ailments
- Should be looked at on as a primary method in treating musculoskeletal conditions
- The skill sets developed can create opportunities that may not occur with other trainings
- The in-depth understanding how injuries occur, the structures that are involved, assessment of techniques, and critical thinking skills are tools that can be utilized in various settings allowing for tremendous versatility

A QUICK SPORTS MASSAGE THERAPY REVIEW



**Sports Massage Therapy is NOT
just for elite athletes!**



**Utilizing sports massage will
create a solid treatment
foundation**



**Sports massage therapy is a
powerful therapy that will benefit a
wide variety of ailments & will help
you understand how injuries occur**

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Steve has over 20 years of experience as a massage therapist and athletic trainer. He currently serves as the Director of Health and Human Services at The Community College of Baltimore County, overseeing the delivery of healthcare programs. Prior to Baltimore, he was the Director of Massage Therapy for the Women's Tennis Association helping ensure the players received comprehensive care. Outside the treatment room, Steve served as the Director of the Massage Therapy Program at Trident Technical College and taught in the Physical and Occupational Therapy programs at the Medical University of South Carolina. Steve is published author of both articles on massage therapy and a clinical massage therapy textbook and is on the Editorial Review Operational Committee for the AMTA Journal. He is accredited as an approved provider of continuing education through both the National Certification Board for Therapeutic Massage and Bodywork and the Florida Board of Massage Therapy.