

Different sports have different Requirements

No two training programmes are the same

No one training programme will have the same effect on every person.

Signs of incomplete recovery from training

- Muscle pain
- Joint Pain
- Tendon pain / inflammation
- Bursa inflammation
- Difficulty in sleeping and restlessness

Effects of sports massage

Physical

Pumping action of the movements / mechanical forces

Effects

- The skin
- The cardiovascular system
- The digestive system
- The respiratory system
- The skeletal system
- The muscular system
- The Neurological system

Advantages of sports massage

- Reduces adhesions
- Reduces local trauma
- Improves recovery rate
- Gives direct feed-back
- Breaks down scar tissue
- Improves elasticity
- Improves micro-circulation
- Reduces Pain / helps relieve pain
- Helps relieve range of motion
- Keeps the muscles healthy
- Promotes healing
- Helps prevent injuries
- Reduces muscle spasm
- Increases metabolic rate
- Increases urine out-put / Greater removal of waste products
- Promotes local temperature
- Physiological effect
- Psychological Effect

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Physical and mechanical effects of sports massage

- Relieves muscle tension
- Reduces swelling
- Improves flexibility
- Improves movement of blood and lymph
- Loosens adhesions
- Stretches soft tissue
- Mobilizes muscles fibres

Physiological effect of Sports massage

- Increases blood circulation
- Increases lymph flow
- Promotes muscle relaxation
- Improves range of movement
- Promotes healing
- Helps removal of waste product
- Reduces / relieves pain

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Psychological Effects of Sports Massage

- Reduces Tension
- Reduce Pain
- Reduces anxiety
- Mental relaxation
- Stimulating
- Prepares athlete for the challenge ahead

Sports Massage Routines

- Pre-Event Massage
 - Raises core temp
 - Stretches The tissue
 - Increase ROM
 - Prepares athlete both physically / psychologically
- Techniques
 - Effleurage
 - Petrissage
 - Shaking
 - Tapotement caution required
- Post -Event Massage
 - Accelerated recovery
 - Removes waste
 - Reduces the discomfort and pain associated with the delayed onset of muscle soreness
 - Stretches the muscle tissue
- Techniques
 - Effleurage
 - Petrissage

- Rocking
- Shaking
- Stretching
- Stroking / Stripping
- Inter event Sports Massage
 - Combination of above
- General Sports Massage
 - Combination of above

Sports Massage Techniques

- Lymph Drainage Massage
- NMT
- MET
- Deep Tissue Massage
- SCS
- STR
- CTM

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