

## **Sports Massage: Is there a treatment process?**

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# SPORTS MASSAGE: IS THERE A TREATMENT PROCESS?

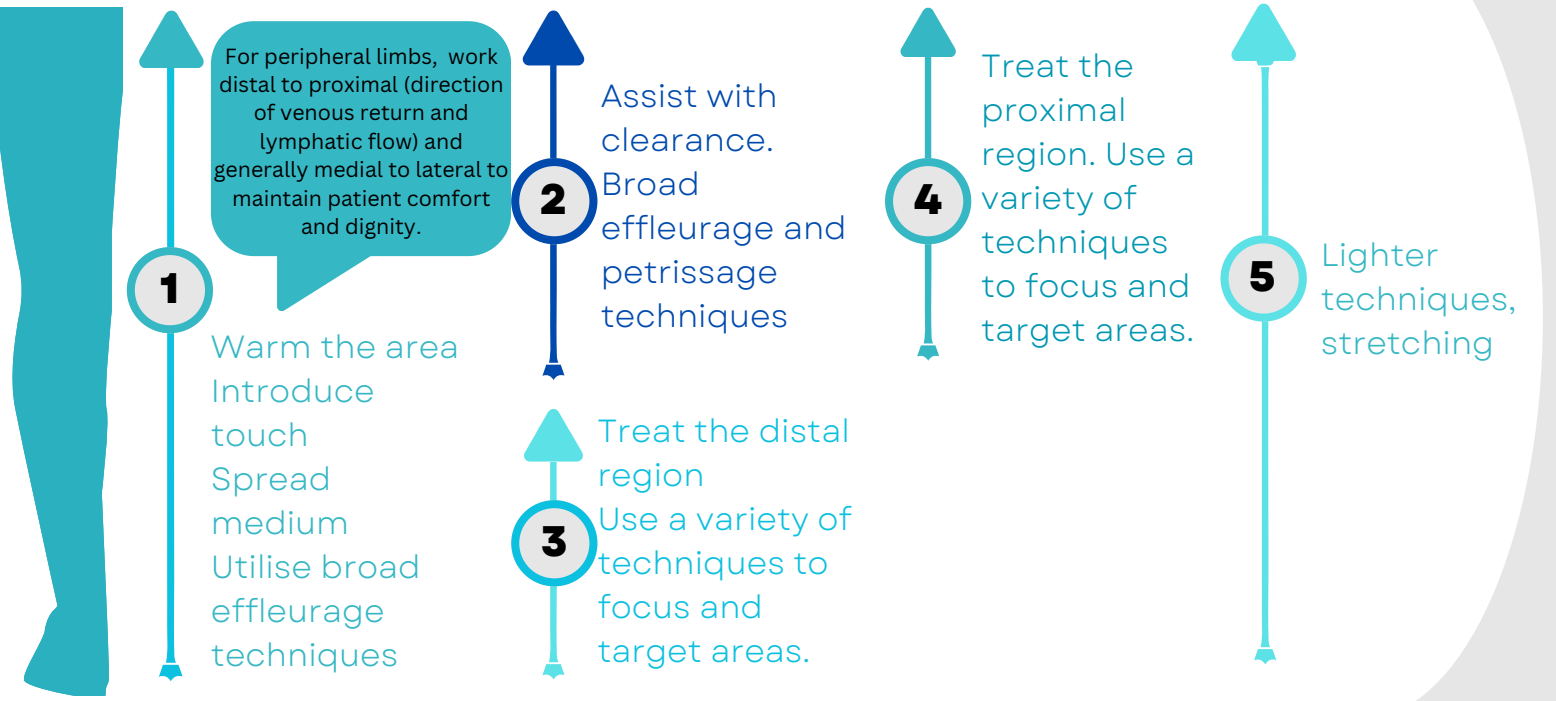
Commonly students and new therapists/practitioners require guidance in treatment planning, but there is still a need for autonomy. Therefore the treatment paradigm aims to provide strategies and key principles to guide educators in practical delivery and practitioners/therapists to an approach that may assist their own development.



## STARTING POINT

- Subjective History; Information gathering.
- Objective Assessment; Assessment of the patient e.g. observation, range of movement.
- Outcome measures pre and post treatment.
- Aims of treatment
- Relevant checks; contraindications, allergy test

## FOUNDATION TECHNIQUES



## TREATMENT PRINCIPLE

Broad effleurage and petrissage techniques, allow clearance of lymphatic nodes to promote drainage of the distal region (clear the traffic jam!)

## UPPER BODY PRINCIPLES

When treating the upper body, consider the location of the lymphatic nodes and direct long effleurage strokes in that direction. For example axillary region, anterior and posterior triangles of the neck.

Don't forget to consider patient position and precautionary sites



## PUTTING TECHNIQUES TOGETHER

When treating an area start with light effleurage and petrissage techniques, gradually increase with deeper pressure and techniques but interchange between superficial techniques

## SOFT TISSUE TECHNIQUES

Add the "sprinkles"!

- Deep Transverse Frictions
- Soft Tissue Release
- Myofascial Trigger Points
- Proprioceptive Neuromuscular Techniques
- Muscle Energy Techniques
- Myofascial Release
- Instrument Assisted Techniques

Think about when might be best and why?



Structure anteriorly and posteriorly? Other structures?  
Think about patient position to target the muscle group!

## TREATMENT PLANNING

For example;  
Target Area: Hamstring  
Structures Above: Gluteal Group, Piriformis, Lumbar Region  
Structures Below: Gastrocnemius, Soleus, popliteus  
Structures Anteriorly: Iliopsoas, Quadriceps  
Other structures; ITB, TFL, Adductor Group,  
The other limb and/or compensatory structure

## TIMING & ENVIRONMENT

The timing for the whole treatment will dictate the treatment plan and target area focus.  
What environment are you working in? Clinical? Sports?  
Type of massage? Remedial? Pre? Post? Inter? How do you adapt the principles and/or add further techniques?



Resources:  
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