

INTRODUCTION TO SPORTS THERAPY

Practical – Case Scenarios

Recap

- Sixteen Effleurage techniques
- Petrissage and Tapotement
- Trigger Point Theory and Practice

Learning Outcomes

- By the end of the session you should be able to:
 - Recognise when you utilise specific types of technique for specific environments
 - Correctly demonstrate 6 effleurage techniques on a variety of areas

Treatment Aims of Massage

- Think about:
 - Depth
 - Speed
 - Location

Case Scenario

- 1. Pre event calf massage
 - Client wants a tight muscle loosened up before a 10k race
 - Are you going to proceed with the massage?
 - What are the potential issues?
 - How are you going to measure change?

Case Scenario

- 2. Neck massage after waking up stiff one morning
 - Client also reporting previous massage on the area was beneficial
 - Are you going to proceed with the massage?
 - What are the potential issues?
 - How are you going to measure change?

Case Scenario

- 3. Hamstring massage after injury 5 days ago.
 - Client wants stiffness in hamstring to be reduced
 - Are you going to proceed with the massage?
 - What are the potential issues?
 - How are you going to measure change?

Case Scenario

- 4. Back massage after stress build up in work.
 - Client wants stiffness in back to be reduced
 - Are you going to proceed with the massage?
 - What are the potential issues?
 - How are you going to measure change?

Case Scenario

- 5. Scapula massage GST requests soft tissue to improve muscle elasticity in rotator cuff.
 - Client wants stiffness in back to be reduced
 - Are you going to proceed with the massage?
 - What are the potential issues?
 - How are you going to measure change?

Case Scenario

- 6. Quadriceps massage for haematoma.
 - Client thinks that massage will facilitate this process.
 - Are you going to proceed with the massage?
 - What are the potential issues?
 - How are you going to measure change?