

INTRODUCTION TO SPORTS THERAPY

Practical – Absolute Contraindications

Recap

- Massage assessment
- Pressure application
 - Speed
 - Drag
 - Depth
- Safe environment for practice

Learning Outcomes

- By the end of the session you should be able to:
 - Recognise patients who are absolute contraindications
 - Describe the effects of effleurage techniques.
 - Correctly demonstrate 6 effleurage techniques.

Aims of Massage

- Massage can be considered either Remedial:
 - Offering some form of remedy/cure e.g. pain relief
 - Therapeutic:
 - Offering some form of therapy e.g. relaxation
- Sports Massage can encompass both of these aims

Effects of Massage

Effects can be either:

1.) Physical

- Direct result of massage

2.) Physiological

- Result from body's response to massage

3.) Psychological

- Interaction of body and mind

Absolute Contraindications

Acute Trauma

- Up to 48-72 hours
- Haematoma
- Ligament or tendon (sprain or strain)
- Rupture
- Fracture
- Bleeding (ongoing or open wound)

Blood Pressure and Circulatory Problems

- Uncontrolled Hypertension
- Deep Vein Thrombosis



Swelling



Skin Changes



Infections

- **Viral** – until blood test all-clear
measles, chicken pox
- **Bacterial** – whilst on antibiotics boils, folliculitis
- **Fungal** – if infectious athlete's foot, ringworm



Rheumatoid Arthritis

- Rheumatoid arthritis



Pregnancy

- First trimester
- If history of miscarriage: For first 16 weeks
- Last 2-4 weeks of pregnancy



Cancer

- Currently diagnosed and receiving treatment for cancer (active)
- Unexplained lumps/bumps
- Any painful areas
- Specialist training required for lymphoedema massage



Sensory deficiency

- Anaesthesia
- Paraesthesia
- Diabetic Neuropathy

Myositis Ossificans

- Myositis ossificans

