

INTRODUCION TO SPORTS THERAPY

Practical – Intro to Module and Clinical Assessment

Your Responsibilities

- Attendance (100%)
- Condensed Timetable – Catch up on work from peers. No extras will be provided
- Reading - Pre and Post subject
- Communication – Formal
- Mentoring – Book Tutorials
- Develop professional practice
 - Ensure Dress Code is adhered to (see Additional Info)
 - No Food and Drink

Module Overview

- Semester One ONLY Module
 - 11 weeks to Christmas
- Two taught session per week

Module Intro

- Two Assessments
- Assessment 1 (50%)
 - Component 2 (2000 words) 6th December
- Assessment 2 (50%)
 - Practical Exam
 - January Exam Period

What will I study?

- Soft Tissue Techniques
 - 16 Effleurage Techniques
 - Petrissage
 - Tapotement
 - Other Soft Tissue Techniques
 - Introduction to lengthening of soft tissues safely
- Associated Theory and Links to Professional Practice

You?



What is Sports Therapy?

- Background
 - Founded in 1990 by Graham Smith (Physiotherapist)
 - Growing rise in Sports and Leisure in society
- Aims
 - Provide support for the industry
 - Immediate first aid to the sporting sector
 - Professional body for Sports Therapists

History of Massage

- Ancient Cultures
- Touch
- Use of Oils/ Herbs



Timeline of Massage

15000BC Use
of cave
drawings with
touch in

3000BC
Chinese
documented
massage

1800BC
Hindu culture
takes on
massage

Julius Caesar
used massage
for epilepsy
100BC

26 times in the
Bible is touch
mentioned in
relation to
healing

Japanese and
Chinese use
massage in
paediatric
setting 1600AD

Timeline of Massage

Tissot 1700
recommends
massage and
exercise for
various illnesses

1800 Dr Graham
produces books
on history of
massage

1888 Nissen's
paper on massage
is published in
medical journals

1894 Society of
masseuses is
formed

1920 Chartered
society of
massage and
gymnastics
formed

1990s Sports
Massage in the
UK starts to
gain more
favour

Sports Massage is...

- “...a form of massage involving the manipulation of soft tissue to benefit a person engaged in regular physical activity. It is designed to assist in correcting problems and imbalances that are caused from repetitive and strenuous activity and trauma.” (Paine, 2007, p2)

Sports Massage is...

- Based on variations of classical Swedish massage movements, including
- Effleurage
- Petrissage
- Tapotement
- Compression
- Soft Tissue Release
- Vibration
- Friction
- Stretching/MET techniques

Professionalism

- What does 'professional' mean?
- How can we portray 'professionalism'?



Professionalism

- Appearance
- Hygiene
- Set Up
- Behaviour
- Legal responsibilities
- Ethical Standards’?

Appearance

- Uniform:
- University Kit (OR blue/black tracksuit bottoms, white or blue polo shirt)
- Long hair should be tied securely away from the face and short hair should be of tidy appearance.
- Jewellery – should be discrete. No rings, watches or bracelets when performing any treatments or when in contact with a patient.
- Body piercing – Only one stud earring can be worn. All visible body piercings should be removed.
- Footwear – trainers may be appropriate but should be in a suitable condition befitting a professional. Flip flops or sandals are not appropriate for practical session.

Hygiene

- Personal Clothing should be clean and ironed
- Hands washed prior to every massage
- Illness?
- Environmental:
- Couch covers, towels and pillows must be clean and regularly laundered.
- Clean surfaces and facilities.

Set-up

- Equipment:
- Plinth is secure/correct height/clean
- Have equipment at hand (Trolley)
- Safety checks
- Environment:
- Room size
- Temperature
- Privacy
- Facilities (Access)
- Chairs, wall hooks and hangers for clients belongings
- Shelving for laundry items/ Laundry basket

Professional Behaviour

- Professional Behaviour
- Appropriate language
- Respectful (privacy)
- Confidentiality (social media)
- Personal interactions
- Punctuality

Professional Behaviour

- Time Keeping:
- Appointments diary
- Sufficient time between appointments
- Record contact numbers: let them know if you're running late/ill/unforeseen changes
- At event: event schedule/programme and co-ordinate

Task

- You have been tasked with setting up your own clinic. Practically discuss in your groups:
 - What you are going to call your practice?
 - Where you are going to work from?
 - What your clinic is going to be defined by (culture/ core areas)?
 - How you are going to adhere to hygiene responsibilities?
 - What your uniform will look like?
 - How will you log appointments?
 - What will you charge?
 - How will you manage social media?

Legal Responsibilities

- Insurance:
 - Public Liability
 - Building/Owner Operator
 - Masseur
 - Professional Indemnity
 - Governing body (SMA, SST)
 - Additional: Travel, Car, Clinic/Equipment

Legal Responsibilities

- Health and Safety at Work (HSE): Clinic
 - Risk Assessment
 - Exits and Fire escapes
 - 1st Aid procedures
 - Reporting of incident (1st aid or otherwise)

Legal Responsibilities / Note Taking

- Clients Details (Name, Address, Telephone, DOB, Occupation, Gender)
- GP Details (Name, Address, Telephone)
- Clients Sport, Level, Stage of Training
- Contraindications
- Reason for Visit
- Details of Specific Problem (pain, duration, frequency or occurrence)

Assessment

- Observations:
- General
 - Skin, Surgical Scars, Deformity, Posture, Lumps etc
- Specific
 - Comparison with other side, numbness, P+N, Loss of Power, Grip, etc
 - Palpation
 - Temperature, Hypertonicity (muscle fasciculation etc), Pain.
 - Movement
 - Active ROM, Passive ROM and Resisted ROM

Assessment

- Proposed treatment
- What do you propose to do?
- Consent?
- Aftercare advice
- Immediate Client Feedback
- Subsequent Client Feedback

Record Keeping

- Writing is legible
- Writing is in permanent ink
- Record all entries within 24hours
- Written in 3rd person
- Don't use correction fluid
- Corrections should be crossed through and initialled
- Use a clear logical format
- Don't make judgemental statements of a personal nature
- Forms should be dated and initialled
- Attendances should be initialled and dated
- Make clear your full signature on each page of the patients notes
- Record any advice you give to the patient

Record Keeping

- Notes should be: Treated as confidential " Kept in secure place Properly safeguard. Not accessible to third party
- Computer files should be password protected
- Register your records with the Protection Act
- Patients must have access to records November 1991
- Professional Codes:
 - Kept for 7 years for adults
 - For children, keep until the child is 21 years
- Legal Profession:
 - Keep all client notes for 8 years
 - Or up to the age of 25 for children
- Dispose of notes by shredding

Record Keeping

- Other methods of notation:
 - SOAP notes
 - Subjective
 - Objective
 - Assessment
 - Plan
 - HIPS/HOPS notes
 - History
 - Observation/ Inspection
 - Palpation
 - Special Tests

Ethical Considerations

- Informed Consent:
- Make sure you have the patients consent for whatever form of intervention you are going to use.
- 3 questions
- Do you understand the treatment?
- Do you have a questions?
- Are you happy for me to proceed?
- Ask the patient to sign
- If patient has communication difficulties or does not understand what is being proposed, then signed consent must be obtained from the adult in charge
- U-18 (England and Wales) or U-16 (Scotland) CHILD and informed consent must be given by parent or guardian (CHILD PROTECTION)

Ethical Standards

- Client protection (and practitioner): Chaperones
- Most cases brought against practitioners 'One on One'
- Their word against yours!
- Working with children (u18s): You must have a DBS.
- Working with opposite gender
- Sign explaining patient is welcome to invite a chaperone to be present

Ethical Standards

- Duty of care:
- You have a duty of care toward any person that asks for your help or advice
- If someone asks you in an ‘out of business’ environment you can still make notes however
- Safest to say “sorry, I only consult at my practice”

Draping

- WHY? Protect modesty & provide barrier
- Back and shoulder
- Hamstring
- Glutes (Side-lie)
- Adductors (Side lie)
- Chest

Massage Mediums

- Lubricate clients skin:
- Mineral Oil (baby oil)
- Low penetrative power
- Poor carrier of essential oils
- Vegetable Oils (olive oil)
- Fairly penetrative into the skin
- Few allergic reactions
- Good carrier of essential oils
- Essential Oils
- Concentrated, non-greasy
- Therapeutic property:
 - emotional, physical and spiritual.
- Lotion
- Lightly Oiled
- Wax
- " Blend of bees wax and natural vegetable

Resources/ Library/ Online

- Reading - Journals/ Books
- Each other – Mentors/ Group development
- Your VLE
- Podcasts

References

- Paine, T. (2007). The complete guide to sports massage (2nd ed.). London: Bloomsbury Publishing ltd.