

INTRODUCTION TO SPORTS THERAPY

Practical – Intro to Soft Tissue Therapy Assessment and Practice

Learning Outcomes

- To become familiar with core elements of soft tissue massage
- Gain an understanding of how and what to assess the client pre-massage

What is Soft Tissue Therapy?

- Recap
 - Professionalism (Appearance, Hygiene, Set Up, Behaviour, Legal Responsibilities and Ethical Standards).
- Assessment
 - General
 - Specific
 - Consent
- Draping
- Mediums

Ergonomics

- Definition – Physical ergonomics is the body response to physical and physiological loads.
- Manual Handling (Materials)
- Work Activities
- Human push capability

Equipment

- Massage Area
 - Appropriate distance around tables
 - Flooring
- Massage Tables
 - If too low – bend over
 - If too high – hunched
 - If too wide – stretched
- Ideally should be half of the practitioners height

Posture

- Neutral position
 - Neck – Not forward, backward, rotated or side flexed
 - Back – Normal S shaped curve
 - Shoulders – Not hunched or dropped
 - Forearms – Not in Pro/Supination
 - Elbows - Neutral position
 - Wrists – In line with forearms
 - Fingers - Gentle curve (not spread, full extended or tightly curled)
 - Hips and Knees – slight flexion
- WHY?

Posture



Pre massage Procedures

- Take Client to massage table
- Run through assessment sheet
- Gain informed consent
- Ask the client to remove clothing they are comfortable doing
- Draping of the patient appropriately
- Ask about contact medium
- Sanitary precautions

Task

- Using the massage forms provided (copies on Moodle), conduct an assessment on each other and determine whether or not you should continue with the treatment.

Effleurage Technique 1: Figure of 8

- Application
 - Use bilaterally
 - Anticlockwise circle then clockwise circle
- Position of masseur
 - Wide stance
 - Feet parallel
 - Neutral lumbar spine (bed height)

Weight Transfer

- Optimal Position
 - Straight Back
 - Core Engaged
 - Assymetrical Foot position
 - Try to achieve the 90 degree angle of force with your client

Force

- Force = Mass x acceleration
- Massage applies mechanical forces
- The body can move in relation to a force
- The body can change shape when a soft tissue is massaged
- Newton's 3rd Law
 - Every action has an equal and opposite reaction

Force – In Practice

- Force
 - Applied to client (7kgs) during massage, the amount of friction force through your feet need to be equal to 7kgs.
 - If feet slip – reduced forces, meaning you would have to compensate by producing more force through yourself (inefficient).
 - Too much lubricant – reduced forces.

Body Mechanics

- Bolt Upright (plus core)
- Weight transfer
- Perpendicularly
- Stacking the Joints

Pressure

- Depths of Tissues
 - Level 1 – Skin surface (light finger)
 - Level 2 – Skin (medium finger)
 - Level 3 – Superficial fascia (Nail beds blanch pressure)
 - Level 4 – First muscle layer (hand with moderate lean)
 - Level 5 – Second muscle layer (hypothenar eminence pressure)
 - Level 6 – Third muscle layer (Forearm pressure)
 - Level 7 – Bone (more than L6)

Task

- Practice in you small groups the differing pressures of massage in relation to the tissue depths you are looking to affect with the figure of 8 effleurage technique
- Discuss why you might want to utilise different pressures with varying cliental

Drag

- Scale
 - 0 Minimal drag
 - 1 Moves tissue but not to bind
 - 2 Moves tissue to bind
 - 3 Maximum drag: Moves tissue past bind

Duration of Sessions

- Short
 - 5-15minutes
- Moderate
 - 15 to 30minutes
- Long
 - 45 to 60minutes

Speed

- Slow
 - 10 sec from beginning to end of stroke
- Moderate
 - 5 sec from beginning to end of stroke
- Fast
 - 2 seconds from beginning to end of stroke

Session Objectives

- Outcome to be achieved (Joint)
- Limitations of Massage
- Risks of the Massage
- Informed consent
- Perception V Expectation
- Gender and Age concerns (Be aware of)
- Questioning:
 - What results do you want from the intervention?
 - What do you think massage will do for you?

Assessment

- As per previous
 - Proposed treatment
 - What do you propose to do?
 - Consent?
 - Aftercare advice
 - Immediate Client Feedback
 - Subsequent Client Feedback
- Using the assessment forms provided undertake an assessment of one of your fellow students.
- Once completed ensure consent has been completed and review the findings in your small groups

Feedback

- Conversation kept to the subject of massage
- Regular feedback – important
 - Warmth
 - Position
 - Pain
- Instruct the client premassage about feedback`

Post massage Procedures

- Is client ok?
- Ensure modesty and professionalism are maintained
- Notation completed
- Any adverse reactions noted

Task and Extra Reading

- Please Read (A survey of musculoskeletal injuries amongst Canadian massage therapists) – see Resources folder