

Sports Massage Services in Elite Sport



Overview

- This presentation will talk about
 - A brief history of massage
 - The benefits of sports massage
 - The advantages and challenges of the new full time massage services
 - What coaches and athletes can expect
 - How best to effectively use the service



Definition of Massage

- Massage is defined as the systematic manual manipulations of the soft tissues of the body by such movements as rubbing, kneading, pressing, rolling, slapping and tapping.

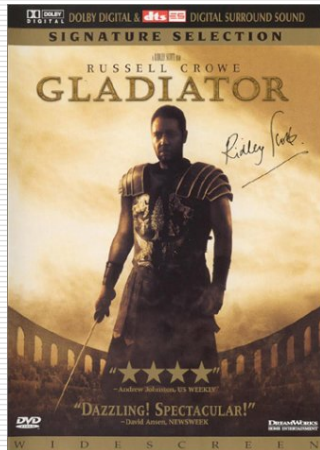


The Art of Massage

The Therapeutic massage we use today is believed to have originated from folk medicine.



Massage in Ancient Greek & Roman Bath House



Per Henrik Ling – Swedish Massage

- a 17th Century Swedish fencing master and gymnastics instructor
- his studies & methods of massage became the basis for Swedish Massage



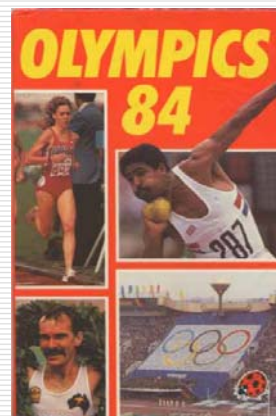
Resurgence of Sports Massage in the 1970s to 1990s



- A Finnish runner Lasse Viren, set a world record in the 10K and an Olympic record in 5k at the 1972 Summer Olympics in Munich
- He received deep massage daily



Sports Massage has been highly visible at international events



Sports Massage has been highly visible at international events



Marathon post events

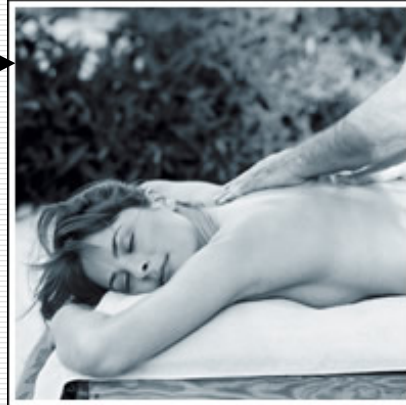
The American Massage Therapy Association



- Founded in 1943
 - Oldest & largest international organization representing the massage therapy profession
 - National Sports Massage Team (NSTA) set up in 1985
 - Commission on Massage Therapy Accreditation (COMTA) established in 1989
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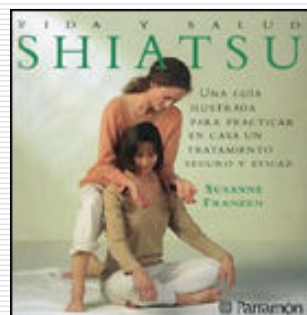
Different kinds of Massage/ Manual Therapy

- Aromatic massage →
- Swedish massage
- Thai massage
- Chinese manual therapy
- Shiatsu
- Etc



Different kinds of Massage/ Manual Therapy

Thai massage



Shiatsu

What is Sports Massage?

- The application of massage techniques to enhance athletic performance



What is Sports Massage?

- Basic techniques
 - Western Massage (e.g., Swedish & Russian massage)
- Adjunct techniques
 - Joint range of motion
 - Stretching
 - Deep tissue
 - Positional release
 - Trigger point therapy



The Many Uses of Massage in Sports

Restorative

- Recovery
- Remedial
- Rehabilitation



The Many Uses of Massage in Sports (training/competition)

□ Maintenance

□ Event

- Pre-event
- Inter-event
- Post-event



Constellation of Effects

- Primary (physiology & psychology)
 - Improved fluid circulation (Yates, 1990)
 - Muscular relaxation (Yates, 1990)
 - General relaxation (Field et al., 1992)
 - Formation of strong mobile scar tissue (Cyriax & Cyriax, 1993)
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Constellation of Effects

- Secondary (performance-related)
 - Greater energy
 - Greater flexibility & range of motion
 - Pain reduction (Travell & Simons, 1983, 1992)
 - Appropriate level of emotional stimulation
 - Decrease injury potential
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Cautions

- Diabetes, kidney disease, cancer, certain cardiac conditions
- Cold & flu symptoms
- Signs of dehydration
- During remedial applications
- Inflamed tissues & joints



Contraindications

- Around an infection
- Near suspected fracture
- Directly over wounds/burns
- Over varicose veins



The Whole-Athlete Model

Physical

Mental



Athlete

Emotional

Social

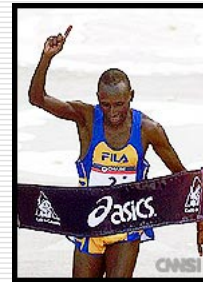
Advantages of the new Massage service

- Availability
- Individuality
- Communication & Education



Challenges of the new Massage service

- ❑ Common misconceptions
 - “It’s okay, I can take the pain”
 - “How come I still feel tight after the session?”
 - “I don’t feel any pain, I don’t need massage”
- ❑ Lack of female massage therapist
- ❑ On-field support
- ❑ Understaffed



Future

- ❑ Work more closely with other healthcare practitioners
- ❑ Possibly workshops on subjects relating to massage (e.g., self-massage, partner-massage)



Discussion Time



The End



References

- Patricia J. Benjamin and Scott P. Lamp: *Understanding Sports Massage*, USA, Human Kinetics 1996.
 - Mel Cash: *Sport & Remedial Massage Therapy*, Great Britain, Butler & Tanner Ltd, 1996.
 - Dr. Myk Hungerford: *Beyond Sports Medicine: Injury Prevention and Care Through Sports Massage*, Sports Massage Training Institute (SMTI), 1991.
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