



# Ready, Set, Goal!

Optimize your client's performance and get ready to help them meet their athletic goals with this specially designed sports massage! An integration of deep tissue Swedish, myofascial release and stretching this treatment allows you to adjust to the specific needs of each client while working within the guidelines of traditional pre, post, intermediate and maintenance massage.



## Ingredients

- Controlled Glide Creme [2 oz]
- Rosemary Oil (optional) [10 drops]
- Polar Lotion [1 oz]

## Supplies

- Hand Towels (hot or cold depending on type of sports massage) [2]
- Rubber spa bowl (optional—for Controlled Glide and Rosemary mix) [1]

**Session Time:** 30 – 90 min\*

**Recommended Price:** \$45 - \$125

**Cost Per Treatment:** \$3.64 (lg. sizes)

## Benefits of Rosemary

Applied topically may improve local blood circulation and alleviate pain, as well as, having antimicrobial and antiseptic qualities. Rosemary oil also stimulates mental activity, clears the mind and aids memory. Rosemary reduces the level of cortisol, a stress hormone, in saliva and is believed to help prevent mental exhaustion and stress.

<http://www.organicfacts.net/organic-oils/natural-essential-oils/health-benefits-of-rosemary-oil.html>

## Instructions

1. Mix Controlled Glide Creme with 10 drops of Rosemary Oil. (optional)
2. Apply the Controlled Glide in an even layer on skin and perform Sports Massage

\*Depending on Sport Massage type

# Sports Massage Protocol

Can be adapted for pre, post or maintenance massage. See the next page for techniques.

## Types of Sports Massage

Sports massage is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries. Sports massage has three basic forms: pre-event massage, post-event massage, and maintenance massage.

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### Pre-Event Sports Massage

- Massage strokes are applied proximal to distal with a quick tempo.
- Use brisk effleurage to stimulate and warm the muscles and petrissage to help muscles move fluidly and to reduce muscle tension.
- The intent of pre-event sports massage is to stimulate the flow of blood and nutrients to the muscles, reduces muscle tension, loosens the muscles, and produces a feeling of psychological readiness.

### Post-Event Sports Massage

- Massage strokes are applied distal to proximal, superficial to deep.
- Light and gentle strokes in order not to damage already stressed muscles. Use very light effleurage to decrease swelling with light petrissage to help clear away toxins and relieve tense, stiff muscles.
- The intent of post-event massage is to reduce swelling caused by microtraumas; reduce stiffness and maintain flexibility; encourage the removal of lactic acid and waste build-up; and reduce cramping.
- In addition, post-event massage can help reduce recovery time and alleviate muscle strain and soreness.

### Maintenance Sports Massage

- Massage strokes applied as needed as a regular part of an athlete's training protocol.
- Deep effleurage and petrissage are used to relax and tone knotted muscles.
- The intent of maintenance sports massage is to prevent the development of injuries, maintain healthy muscle function and improve performance.
- Maintenance massage helps keep the tissues loose so that different layers of muscle slide easily over each other, reduces the development of scar tissue and increases flexibility and range of motion.

# Sports Massage Techniques

Consider these techniques during your pre, post or maintenance massage.

## Prone

1. Sacrum rock – sacrum to lower back to hamstrings
2. Sacral stretching – sacrum to shoulders
3. Sacral compressions – lower back to lower extremity
4. Skin rolling over back
5. Muscle broadening over lower extremity
6. Kneading to the back of the neck, trapezius, deltoid and glutes
7. Heel squeeze to the lower extremity
8. Stretching – heel, quads



## Side-lying

1. Hip extension
2. Gluteus medius stretch
3. Rib and shoulder stretch
4. Quadratus lumborum release and iliopsoas stretch



## Supine

1. Limb pull with gentle shaking to lower extremity
2. Muscle broadening to lower extremity
3. Kneading to lower extremity
4. Gluteus maximus and hamstring stretches
5. Limb pull with gentle shaking to upper extremity
6. Compression to upper extremity
7. Hand work
8. Stretching to neck, shoulder
9. Rocking and close

