



# Sports Massage for Injury Prevention

When the weather starts getting warmer and your clients start becoming more active, heavily exercised muscles may lose their capacity to relax, causing chronic tightness and loss of flexibility. Learn how to help your clients heal and prevent minor injuries while improving blood circulation and muscle relaxation with these Injury Prevention Massage techniques.

## Ingredients

- Controlled Glide massage crème .....1 oz

## Ankle Joint:

1. While the client is lying on their stomach knead from the Achilles tendon attachment on the ankle to the soleus attachment at the knee. Perform a push-pull back to the ankle. Repeat 3 times.
2. Rotate the ankle 3 times in both directions being sure to bring the foot as far up and side to side as is comfortable to the client. Perform 3 crescent moon cross fiber strokes to each side of the ankle.
3. Finish with a foot to knee massage. Repeat on the other side.

## Knee Joint:

1. Straighten client's leg into a locked position. Gently move the patella up, down and side to side.
2. Perform 3 small circular friction movements along the side of the knee joint and patella (reduces and breaks down swelling in the knee). Also good for massaging tendons around the knee.



Cost Per Treatment: \$1.22 larger sizes

## Knee Joint continued...

3. Perform 3 cross fiber frictions to the patella tendon. Bend the knee to stretch the tendon and then apply cross fiber friction massage with your thumbs slightly overlapping each other.
4. Finish with a hip to foot massage. Repeat on the other side.

## Hip Joint:

1. Bring client's leg into a half frog while lying on their stomach. Gently perform 3 effleurage strokes along the IT Band from Knee to hip, holding pressure for 3 seconds at the end of the movement.
2. Bring your hands to the inside of the knee, gently perform 3 circular motions. Straighten leg and perform 3 second holds at the "4 corners" of the hip followed by hip to pelvis effleurage strokes.
3. Bring hip into full frog to stretch.