

MAINTANANCE MASSAGE- example

Palpation

Other (e.g. bruising, swelling, atrophy,

Bruise on right knee

Adhesion on the right levator scapular tendon
Tightness on middle left ITB and inferior hamstrings
Etc

Reason for sports massage

Reduce tightness and ache in muscles , increase range of mobility in joints , improve elasticity of soft tissue

Treatment plan and rationale

Aims for this treatment:

Reduce tightness and adhesion in muscles of the back and legs Increase circulation in connective tissue of the back
Maintenance sport massage: full back and legs

How to achieve this:

Sport massage on the back, concentration on upper back
Sport massage on legs - anterior and posterior
Massage performed at the treatment room at my premises Standard massage table and bolsters used
Songbird sport massage wax applied
Duration - 45 Min

Treatment given and observations

Treatment given:

Prone:

- Effleurage to the back muscles (trapezius, latissimus dorsi, upper gluteus maximus, supraspinatus, infraspinatus, teres major, teres minor and posterior deltoids) using palms of the hands to warm up and palpate.
- Deeper effleurage to the same group of muscles using reinforced palm and forearm to release tension and warm up muscles further,
- Reinforced fist and elbow applied along the spine to spinalis to lengthen them and relieves tension.
- Kneading to the neck (splenius capitus and splenius cervicus, levator scapular, erector spinae)
- Reinforced fingers push technique applied to the same area to relieves deeper tightness
Etc

Supine:

- Effleurage to quadriceps (vastus lateralis, vastus medialis, vastus intermediate, rectus femoris) using palms to warm up and palpate
- Deeper effleurage to the same areas with forearms, reinforced fists to release tension and lengthen the muscles.
- Finished work on legs with shaking and jostling muscles to get better relaxation

Observations:

Right upper trapezius : tension and tenderness found , these reduced as I massaged.

Right inferior levator scapular : adhesion and tenderness found and it was released with massage

Etc

Client feedback**During the treatment :**

- Inferior right levator scapular tendon and upper trapezius were sensitive during the treatment
- Right superior quadriceps were tender
- Etc

After treatment :

- Upper back feels less tense, legs muscles feel more pliable and lighter
- The client felt thirsty
- Etc

Homecare/aftercare advice

Daily active stretching to

Hamstrings , quadriceps, calf muscles because I found them to be quite tight (the client doesn't do stretch regularly as a part of his training)

To check his posture while he is at work, at the desk, that he is not slouching because these can prevent his upper back muscles from tightening and aching
Etc

Reflective practice**What went well?**

The pressure applied to the client muscles was right that brought a good result

What would you do differently next time?

I would do massage longer - up to 60 minutes, to give myself more time to work deeper.