

POST-EVENT MASSAGE-example

Palpation

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

Slight oedema on both ankles , more on left than on right

Reason for post-event massage

- To speed up recover To
- assess pain
- To assist nervous system to relax and relieve fatigue
- To reduce DOMS

Treatment plan and rationale

Aims for this treatment:

- To relax tight muscles and relieve cramps
- To stimulate circulation, and lymphatic drainage
- To relax nervous system
- To relive fatigue

How to achieve this:

- Massage to the back and back of the arms, including upper trapezius, latissimus dorsi, upper gluteus maximus, rotator cuff muscles, deltoid and triceps
- Using a range of techniques such as light and deeper effleurage and petrissage using appropriate applicators (palm, heel of the hand and forearm) to relax muscles and increase circulation in tissue
- Overall duration 20min

Treatment given and observations

Treatment given:

- Prone :** - Light effleurage to back (trapezius , latissimus dorsi, upper gluteus (gluteus maximus and medius) using palms to warm up and palpate tissue.
- Deeper effleurage using the heel of the hand and forearm to release tension and lengthen the muscles.
 - Light petrissage- kneading and light short stride push and pull on upper trapezius, deltoids and triceps to relax them
 - Light effleurage with reinforced hand on hamstrings (semimembranosus, semitendinosus, biceps femoris) and calves (gastrocnemius and soleus) to release more tension.
 - Etc
- Supine:** - Light effleurage to quadriceps (vastus lateralis, vastus medialis, rectus femoris, vastus intermedius) using palms to warm up and palpate tissue
- Deeper effleurage to quadriceps using forearm and reinforced hand to increase circulation in tissue and.