

PRE-EVENT MESSAGE –example

Palpation

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

A big bruise on the client's left knee (about a week old)

Reason for sports massage

- To improve performance and speed during the hockey match
- To prevent injuries

Treatment plan and rationale

Aims for this treatment:

- To stimulate circulation and nervous system
- To increase ROM and flexibility
- To relax and invigorate

How to achieve this:

- In supine position - Legs massage
- In seated position - Back and arms massage
- Duration -6-7 min overall
- Light , vigorous and warming massage including
 - Fast effleurage
 - Fast compression/kneading
- Positive , motivation 'chat'
- Etc

The client does his warm up and dynamic stretch after massage

Treatment given and observations

Treatment given:

- In position supine on the massage table, with rolled up towel under knees, and with legs bend at knees.
- Fast effleurage on the front of the legs - on quadriceps (vastus lateralis, vastus medialis, vastus intermedius, rectus femoris and ITB and shins (tibialis anterior , fibularis, and extensors.
- Fast Kneading to increase circulation and suppleness of tissue
- Pounding and flicking on calf muscles to improve muscles tone
- Finish with shaking and vibrating.
- In seated position:
- Etc

Observations:

Supine: quadriceps muscles, ITB, calf muscles warmed up quickly after effleurage and petrissage.

They became supple after tapotements and shaking

Client feedback

He enjoyed a quick massage before the match, which helped him to warm up his muscle. They felt more supple which allowed him to do better stretch. He felt more energetic and less nervous which helped to improve his concentration on the game.

Reflective practice**What went well?**

Generally the length of the treatment was about right. The client looked more energetic and less nervous after massage.

What would you do differently next time?

I would spend more time doing fast effleurage and petrissage and less tapotements.