

Definition of Sports Massage

- Manipulation of soft tissue
- Hands on therapy, which is designed to assist in correcting problems and imbalances in soft tissue
- Strokes/ techniques which vary in speed/ pressure
- Pre/ Post/ During event/ Preventative/ Corrective
- Based on scientific understanding of muscles and other soft tissue structures

Types of Sports Massage

- Pre-event
- Post event
- During / between event
- Corrective
- Preventative
- Treatment of Injury
- Conditioning massage

Advanced Anterior Leg Routine

To follow basic massage routine

- Deep transverse stroking
- Alternate thumbs to find tender areas
- Strip head of Rectus Femoris
- Knuckles, punch, forearm, elbows on Quadriceps
- Flex knee strip tendons of Quadriceps
- Strip TFL, then circular frictions
- Bi manual to TFL
- Heel of hand to TFL/ snaking wave
- Effluage - single / reinforced
- Knead Adductors
- Transverse and alternate thumbs to Adductors
- Bi manual Tibialis Anterior, reinforced thumbs or knuckles
- Strip medial and anterior border of Tibia
- Frictions to Peroneals
- Effleurage whole leg to finish

Muscles of Anterior Leg

Muscles - Origin / Insertion/ Action

- | | |
|----------------------|-------------------|
| • Rectus Femoris | Pectineus |
| • Vastus Medialis | Gracilis |
| • Vastus Intermedius | Adductors Brevis |
| • Vastus Lateralis | Adductor Longus |
| • Sartorius | Adductor Magnus |
| • Psoas Major | Tibialis Anterior |
| • Iliacus | Peroneus Brevis |
| • TFL / ITB | Peroneus Longus |

Advanced Posterior Leg Routine

To follow basic massage routine

- Deep transverse stroking
- Alternate thumbs to find tender areas
- Strip head of Biceps Femoris
- Split up Hamstrings
- Frictions on Hamstrings
- Knuckles, punch, forearm, elbows on Hamstrings
- Effleurage whole leg, superficial effleurage on
- Gastrocnemius
- Petrissage to Gastrocnemius
- Alternate thumbs to find tender spots
- Knuckles, punch, forearm, elbows on Gastrocnemius
- Stretch the Achilles whilst relaxed and stretched
- Effleurage whole leg to finish

Muscles of Posterior Leg

Muscles- Origin/ Insertion/ Action

- Biceps Femoris
- Semi Membranosis
- Semi Tendonosis
- Gastrocnemius
- Soleus
- Flexor Digitorum Longus
- Tibialis Posterior

Advanced Lower Back Routine

To follow basic massage routine- client in a prone position

- Reinforced effleurage to lower back and erectors
- Transverse stroking across erectors using heel of hand
- Transverse stroking across erectors thumbs
- Transverse stroking across erectors reinforced phalangeals
- Deep circular frictions up Erector Spinae
- Single/ Reinforced stripping up Erector Spinae
- Knuckles, Punch, Forearm, Elbow on Erector Spinae
- Effleurage Lumbar region
- Deep circular frictions to Sacrum
- Transverse/ Alternate thumb frictions to Erector Spinae
- Heel of hand stripping across Sacrum using Pisiform
- Strip into QL
- Vibrations across QL
- Strip across Iliac Crest and top Gluteals
- Effleurage whole back to finish

Muscles of Lower Back

Muscles - Origin/ Insertion/ Action

- Latissimus Dorsi
- Quadratus Lumborum
- Anterior Serratus
- External Obliques
- Erector Spinae
- Gluteal Medius

Gluteal Routine

Client in a prone position - Towel management – kite

- Effleurage
- Alternate hands - superficial and deep
- Petrissage
- Bi-manual to buttocks
- Kneading
- Tapotement
- Hacking, cupping beating
- Full effleurage
- Frictions
- Alternate thumbs, circular frictions
- Isolate / strip Piriformis
- Knead and effleurage to finish

Muscles of Gluteals

- **Muscles- Origin/ Insertion/ Action**
- Gluteus Minimus
- Gluteus Medius
- Gluteus Maximus
- Piriformis

Advanced Upper Back & Neck Routine

To follow basic massage routine - client is prone

- Reinforced effleurage to upper back
- Knead the extensors
- Bimanual to upper back - caution with scapula
- Knead the upper back
- Polish Deltoids
- Support Shoulder Girdle - Ironing / sawing around Scapula
- Frictions to Rotator Cuff Muscles
- Towel support under head of Humerus - allow elbow to dip, hand in small of back
- Mobilise Scapula - gentle ease to point of stretch, encourage client to relax and breath
- Shoulder circles
- Knead area to flush
- Repeat to other Scapula
- Knuckles, kneading general
- Pick and need cervical area including Traps(for Lou), Circular frictions to Occipital condyles
- Effleurage whole back to finish

Muscles of Upper Back & Neck

Muscles - Origin / Insertion / Action

- Trapezius
- Levator Scapulae
- Deltoids - Anterior/ Medial / Posterior
- Infra-spinatus
- Supra-spinatus
- Sub-scapularis
- Rhomboids Minor, Rhomboids Major
- Teres Minor, Teres Major
- Erector Spinae

Upper & Lower Arm Routine

The client is supine

- Traction and hand/arm shake
- Full effleurage of whole arm
- Deep effleurage to upper arm
- Picking up to Triceps, Biceps and Deltoids
- Strip the Biceps
- Circular frictions to the Biceps
- Hacking to the Triceps
- Strip down the Triceps
- Circular frictions on the Deltoids and on the Tuberosity
- Deep effleurage on the upper to lower arm
- Pick up the Brachioradials
- Strip down Flexors and Extensors - alternate thumbs
- Circular frictions to epicondyles of Humerus
- Frictions around Flexor Retinaculum
- Hand / fingers
- Full effleurage to finish

Muscles of the Arm

Muscles - Origin / Insertion / Action

- Deltoids
- Biceps Brachii
- Triceps Brachii
- Brachioradials
- Coracobrachialis
- Brachialis
- Pronator
- Supinator
- Flexor carpi radialis
- Flexor carpi ulnaris
- Extensor carpi ulnaris
- Extensor carpi ulnaris