

# WHAT IS SPORTS MASSAGE?

Sports massage is designed to help athletes before, during and after training. It is useful for anyone who exercises to increase flexibility, prevent injuries and help with healing after a sports injury.

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Flexibility



Prevent injuries



Healing after a sports injury

Sports massage does not have a specific technique it specifically tailored to different sports and sporting injuries. It is not a relaxing form of massage and can often be quite strenuous.



It works by stretching tight muscles, stimulating inactive muscles and improving the condition of the soft tissue, the aim of sports massage is to reduce the stress and tension that can build up in the soft tissues of the body during exercise.

## This form of massage is used to:

- Increase endurance
- Improve performance
- Reduce the chance of injury
- Reduce recovery time after an injury

## PEOPLE WOULD LIKE TO GET SPORTS MASSAGE FOR TWO REASONS

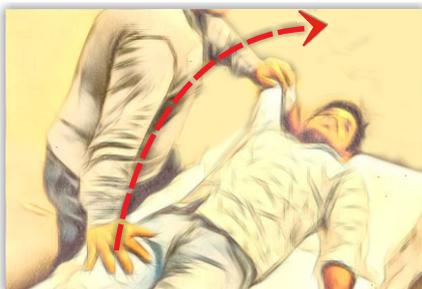
There are 3 techniques in routine treatment to reduce the chance of injury.

Reduce recovery time after an injury

Duration 90 minutes for a sports massage routine treatment session as following below and can have once a week

### 1: Soft tissue release technique: For 20 Minuets

Locking and stretching the tissues and muscles (Dry Strokes as folding banding and stretching)



### 2: Neuromuscular technique: For 15 Minuets

Targeting trigger points in the nervous system to get rid of pain and tension (With a Electric Handheld Massagers)

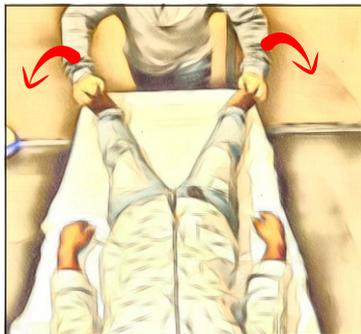
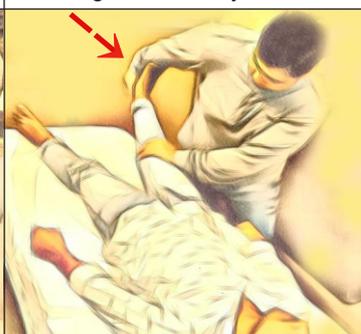
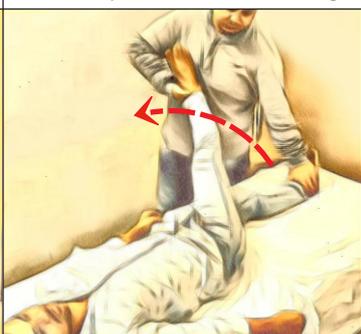
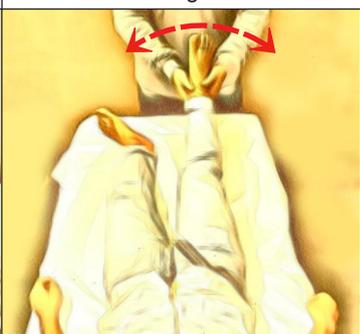
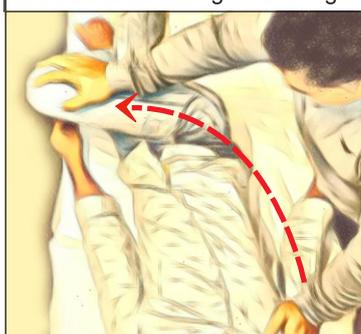
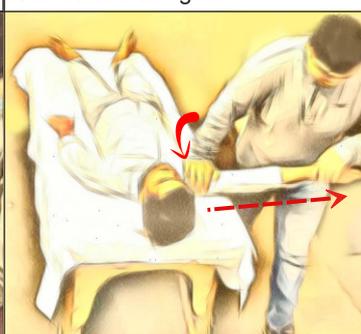
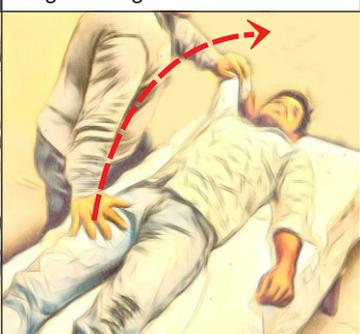
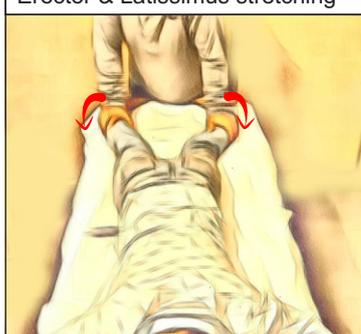
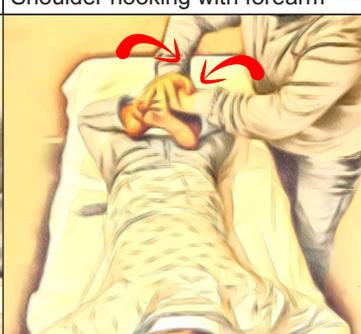
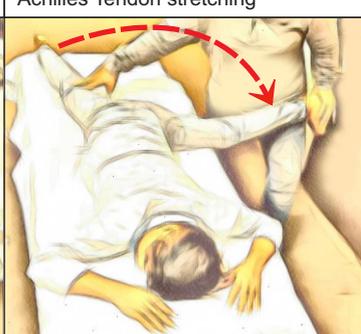
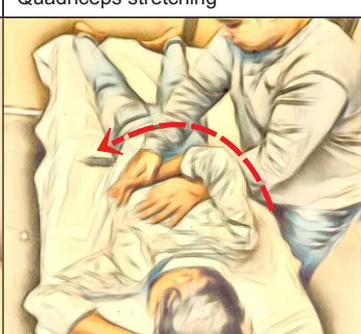
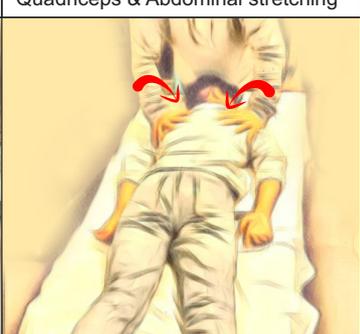


### 3: Fascial release: For 55 Minuets

Deep, slow kneading used to release the connective tissues around the muscles (With Muscle Recovery oil & Strokes will be Effleurage, Petrissage & Forearm Techniques)



# 1: Soft tissue release technique for 20 Minuets

 <p><b>For 2 Time</b> <b>Fig-01</b></p>	 <p><b>For 2 Time</b> <b>Fig-02</b></p>	 <p><b>For 2 Time</b> <b>Fig-03</b></p>	 <p><b>For 3 Time</b> <b>Fig-04</b></p>
Four side foot stretching	Pressing with Palm by Knee fold	Forearm pressure on hamstring	Gluteus stretching
 <p><b>For 3 Time</b> <b>Fig-05</b></p>	 <p><b>For 3 Time</b> <b>Fig-06</b></p>	 <p><b>For 2 Time</b> <b>Fig-07</b></p>	 <p><b>For 30sec</b> <b>Fig-08</b></p>
Gluteus & hamstring stretching	Calves stretching	Soleus & Vastus stretching	Leg shaking
 <p><b>For 2 Time</b> <b>Fig-09</b></p>	 <p><b>For 1 min</b> <b>Fig-10</b></p>	 <p><b>For 3 Time</b> <b>Fig-11</b></p>	 <p><b>For 2 Time</b> <b>Fig-12</b></p>
Erector & Latissimus stretching	Deltoid pressure & hand pulling	Shoulder hooking with forearm	Hand stretching backward
 <p><b>For 1 min</b> <b>Fig-13</b></p>	 <p><b>For 2 Time</b> <b>Fig-14</b></p>	 <p><b>For 3 Time</b> <b>Fig-15</b></p>	 <p><b>For 2 Time</b> <b>Fig-16</b></p>
Palm pressure on Calves, Hamstrings	Achilles Tendon stretching	Quadriceps stretching	Quadriceps & Abdominal stretching
 <p><b>For 2 Time</b> <b>Fig-17</b></p>	 <p><b>For 3 Time</b> <b>Fig-18</b></p>	 <p><b>For 2 Time</b> <b>Fig-19</b></p>	 <p><b>For 1min</b> <b>Fig-20</b></p>
Pressing Gluteus with Forearm	Vastus & Soleus Stretching	Backward hand lock stretching	Pressing Entire Back with palm

## 2: Neuromuscular technique: For 15 Minuets (With a Electric Handheld Massagers)

Vibration guns, also known as percussion massagers or massage guns, have gained popularity for their potential benefits in promoting muscle recovery, relaxation, and overall well-being.

**No.1:** Start with Gluteus area  
For: 2min Use Header No-1

**No.2:** on the both side Trapezius, Deltoid & Latissimus  
For: 2min Use Header No-3

**No.3:** On the Mid of Trapezius & both Erector spinae along with the vertebral column,  
For: 1min Use Header No-2

**No.4:** On the upper arm and lower arm (Biceps, Triceps, Brachioradialis and Finger Flexors  
For: 2min Use Header No-2

**No.5:** On the Hamstrings, Calves & Soleus are  
For: 3 min Use Header No-3

### IASTM (Instrument Assisted Soft Tissue Mobilization)

IASTM stands for Instrument-Assisted Soft Tissue Mobilization. It is a manual therapy technique used by healthcare professionals, such as physical therapists, chiropractors, and sports medicine practitioners, to treat musculoskeletal conditions. IASTM involves the use of specially designed instruments, typically made of stainless steel or other materials, to perform soft tissue mobilization. The instruments have various shapes and sizes as follows.

**Curve** → 6 Inches | 1 Inch

**Glider** → 8 Inches | 1.7 Inches

**Gripper** → 8.3 Inches | 1.8 Inch

**Long Bar** → 18.3 Inches | 1.7 Inches

**D Shape** → 3.5 Inch | 2.7 Inch

**B Shape** → 3.5 Inch

# 3: Fascial release: For 45 Minuets

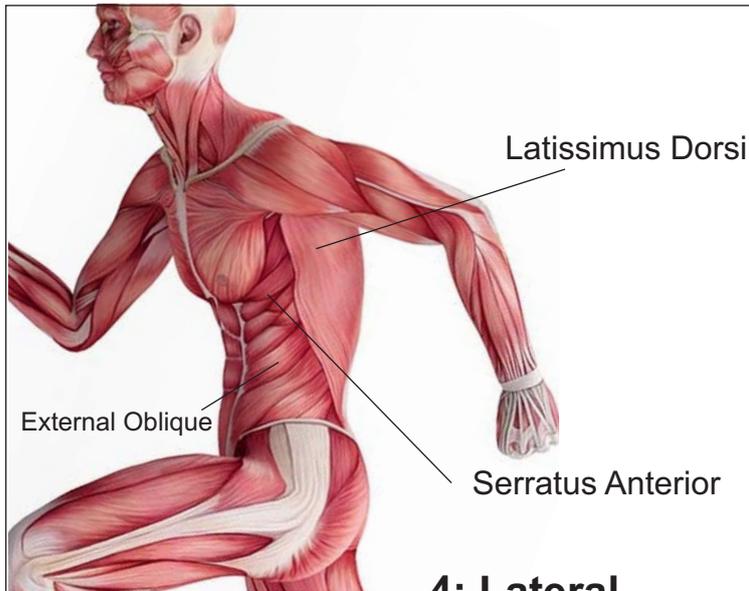
With Instrument-assisted soft tissue mobilization (IASTM)

<p><b>1: Lower Leg with the posterior position</b></p>	<p><b>Fig-01</b></p> <p>Basic Flat-hands Effleurage for <b>7 time</b> ( Down to Up)</p>	<p><b>Fig-02</b></p> <p>Sharp &amp; Short Knuckling for <b>3 time</b> ( Down to Up)</p>	<p><b>Fig-03</b></p> <p>Press the Glider tool between the calves' muscles for <b>5 time</b></p>
	<p><b>Fig-04</b></p> <p>Use the Long bar tool and make three upward lines with gentle pressure <b>3 time each line</b></p>	<p><b>Fig-05</b></p> <p>Use the Gripper tool and do fixed pressure every 1 inch interval on the foot arch area for both sides</p>	<p><b>Fig-06</b></p> <p>Do the Lymphatic drainage technique for 1 min.</p>

<p><b>Fig-07</b></p> <p>Deep your fingers between the hamstring muscles for 3sec. each point from down to up.</p>	<p><b>Fig-08</b></p> <p>Sharp &amp; Short Knuckling for <b>3 time</b> ( Down to Up)</p>	<p><b>2: Upper Leg</b></p>
<p><b>Fig-09</b></p> <p>Use the Long bar tool and make three upward lines with gentle pressure <b>3 time each line</b></p>	<p><b>Fig-10</b></p> <p>Form arm slide upwards on the hamstrings and glutes for <b>5 time</b></p>	

<p><b>3: Upper Back to Lower Back</b></p>	<p><b>Fig-11</b></p> <p>Grip the erector spinae &amp; hold 10 sec. and continue it on every 1 inch interval to upward.</p>	<p><b>Fig-012</b></p> <p>Deep your fingers between the hamstring muscles for 3sec. each point from down to up.</p>	<p><b>Fig-13</b></p> <p>Use the Long bar tool and make downward lines on the triceps and deltoid for 1 min. <b>but avoid making pressure on boney area.</b></p>
	<p><b>Fig-14</b></p> <p>Use the Long bar tool and make three upward lines with gentle pressure <b>3 time each line but avoid the boney area.</b></p>	<p><b>Fig-15</b></p> <p>Form arm slide upwards on the Erector, Trapezius &amp; Deltoid for 5 times with the gentle pressure <b>(Both sides separately)</b></p>	<p><b>Fig-16</b></p> <p>Do long effleurage from the Back of the head position for 10 time</p>

### 3: Fascial release: For 45 Minuets With Instrument-assisted soft tissue mobilization (IASTM)



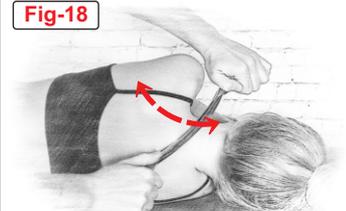
#### 4: Lateral

Fig-17



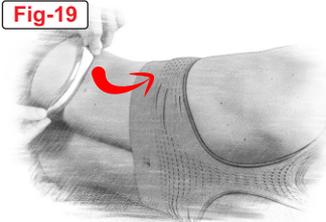
Knuckle sliding downward on the lateral side lying for 3 time ( Gentle pressure & avoid bone )

Fig-18



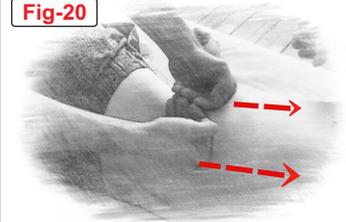
Use the Long bar tool on the neckline with gentle pressure 3 times on each line

Fig-19



Use Glider tool to rub lightly on the waist & lateral side-lying for 1 min ( Gentle pressure )

Fig-20



Knuckle sliding upward on the lateral side-lying for 3 time ( Gentle pressure )

Fig-21



Tapotement on the foot area for 1 min

Fig-22



Grip the feet strong and pull from the tarsal joint for 5 times

Fig-23



Push the front of the feet skin and muscle upwards the leg with your finger for a stretching effect for 1 min.

Fig-24



Use the D-Shape tool to rub deeply on the foot sole area for 1 min ( Slow & deep pressure )



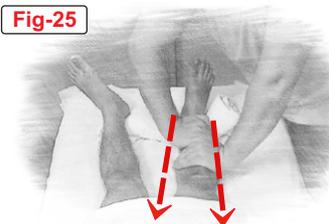
#### 5: Foot

#### Leg Muscle Anatomy (Front View)



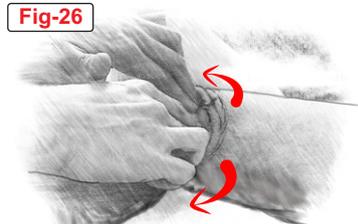
#### 6: Front Leg

Fig-25



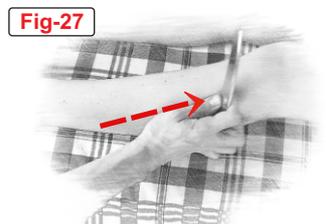
Do leg effleurage from the heel to the gluteus area for 7 time

Fig-26



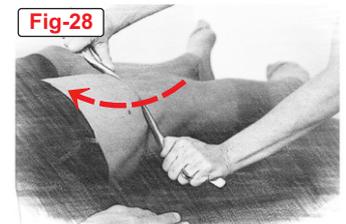
Slide your thumb and finger around the patella bone area

Fig-27



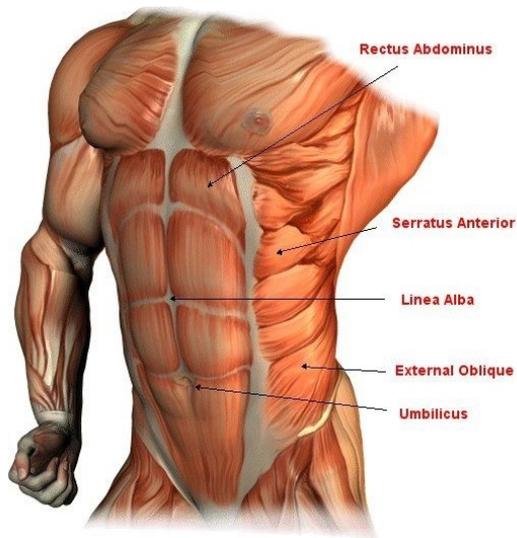
Use the Glider tool to rub the soleus muscle area upward for 1 min ( Gentle pressure )

Fig-28



Use the Long bar tool on the Quadriceps with gentle pressure 3 times on each line

### 3: Fascial release: For 45 Minuets With Instrument-assisted soft tissue mobilization (IASTM)



## 7: Abdominal



Press your thumb and fingers around the edges of the rib cage for every 1-inch interval



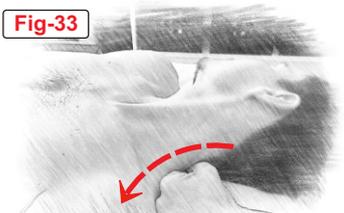
Do the basic effleurage on the Abdomen, chest, and waist for 07 times



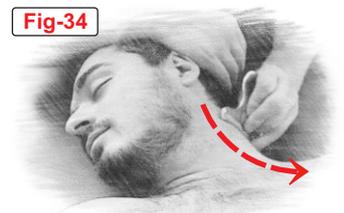
Use the Long bar tool on the abdomen with gentle pressure if there has strong muscle, or you can avoid it



Use the Glider tool to rub lightly on the Pectoral Muscle for 1 min ( Gentle pressure )



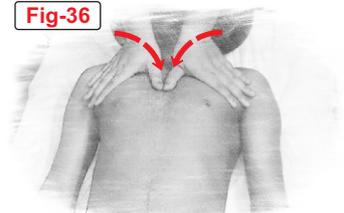
Knuckle sliding downward on the neck and shoulder for 3 time ( Gentle pressure & avoid bone )



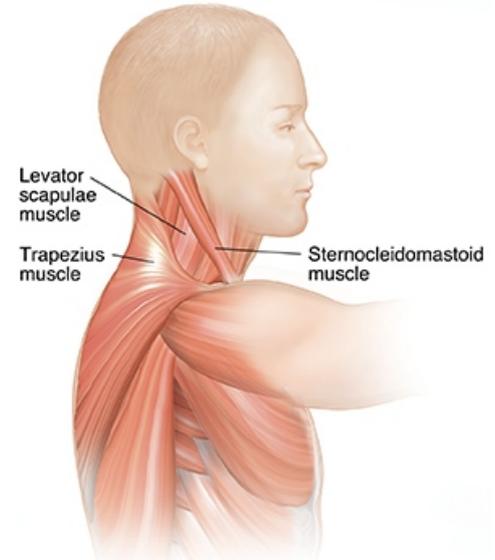
Use the B-Shape tool to rub lightly on the neck and shoulder for 1 min ( Gentle pressure )



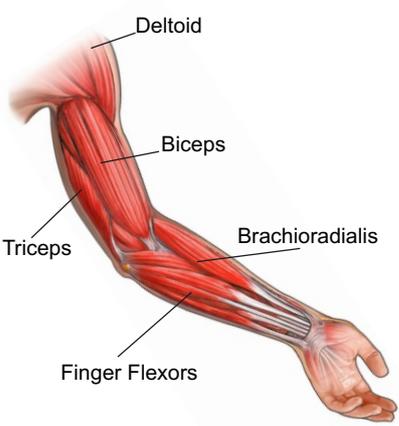
Stretch the neck skin & muscle with your finger towards the head for 10 times on each side



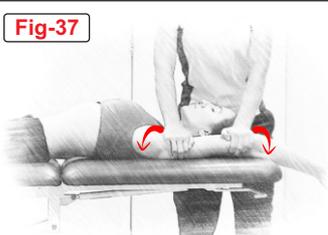
Thumb friction on the Clavicle and sternum bone for 3 lines in each area



## 8: Pectoral and Neck



## 9: Arm Muscles



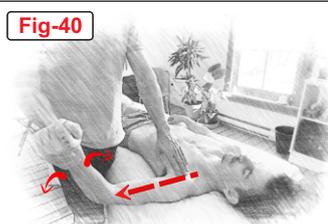
Pressing with your palm on the biceps for 1 min



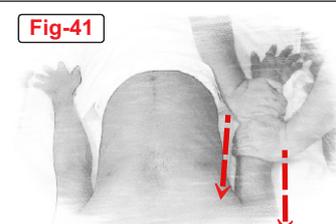
Knuckle sliding downward on the Brachioradialis and finger flexors for 3 time ( Gentle pressure )



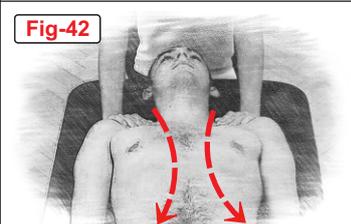
Knuckle sliding around the palm area for 2 times each line ( Gentle pressure & avoid bone )



Interlock the client's wrist and pull, hold, and shake for 3 time



Basic Flat-hands Effleurage for 7 time ( Down to Up )



Do long effleurage from the Back of the head position for 10 time