



# Sports Remedial Massage



## What it is:

The prime purpose of remedial /sports massage treatment is to help alleviate stress and tension resulting from physical activity. This massage can be focused on a specific injured area of the body for a limited period of time (about 20 minutes), or the whole body can be treated, with particular emphasis on significant problem areas. It can also be as form of maintenance pre or post sport events. It is quite common for sports people to have a therapist with them as an aid to problem alleviation or pre-emptive therapy.

It does not have the sense of indulgence of massages such as honey, aromatherapy and chocolate, but brings the comfort that significant muscular skeletal problems are being addressed.

## What to expect:

Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment process. You may or not be undressed depending on the condition being treated. When you are undressed for massage your body is always completely covered with towels. It is only the specific area being worked on which needs to be exposed. The focus is always on you feeling safe, comfortable and reassured. You will be asked to stand and your posture will be analysed.

Depending on time the entire body may be massaged and examined to identify where the best use of the techniques available can be used. The massage will include stretching, pressure points, frictions and standard massage strokes. It s possible you will be invited to return two or three times a week for short sessions to focus on damaged areas or you just might make regular visits to have general aches and stiffness problems reduced.

Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.



Sports massage is more vigorous and intensive than many other massages and it uses a variety of specific techniques to prevent or repair problems:

**Effleurage** (stroking) Light superficial strokes warm the area up to start the massage. This is a relaxation massage oil which is infused with essential oils to enhance relaxation and provide a smooth medium for massage. Baby oil sometimes causes skin irritation which is why I choose to use high quality massage products. Deeper effleurage loosens the muscle fibres and allows me to feel for any areas of tightness. Deeper strokes always go towards the heart to promote an increase in circulation, with a lighter stroke on the return. Effleurage is performed in between other techniques to flush out any particles loosened up by deeper techniques. Deeper strokes can be applied using the forearms, fists, heel of hands and elbows.

**Petrissage** (kneading) this is a rhythmic two handed massage technique which stimulates the circulation, loosens and softens the tissues and has a great warming effect. A steady rhythm is maintained and the technique travels up and down the muscle.

**Squeezing** Tissues and muscles are 'picked up' and squeezed gently. This has a pumping effect on the circulation.

This is the deepest technique used in massage and is targeted at specific areas of soft tissue damage.

**Frictioning and trigger points** these are techniques to work on muscles with specific tight areas which can be felt as little lumps or hardness. The area is located by gentle palpation using fingers and thumbs and then pressed until the lump lessens. This is sometimes uncomfortable but you will always be asked how it is feeling. Massage should never be painful.

**Proprioceptive Neuromuscular Facilitation** (or PNF) is an advanced type of flexibility therapy. PNF is built on a series of exercises that focus on stretching; first contracting then relaxing, stiff or painful muscles in the body. It is often used to treat lower back, neck and shoulder pain associated with poor posture.

**Soft Tissue Release (STR)** is an advanced massage technique widely used in assessing and stretching soft tissues; muscles, fascia, tendons and ligaments. STR focuses on specific areas of tension and the therapist uses manual pressure on a muscle to create a temporary false attachment point and then taking the muscle into a pain-free stretch to untangle the muscle fibres.



## The Benefits:

Benefits of Sports therapy include:

- Preventing problems before they arise, if used with a sports program event
- Identifying problems before they have significant repercussions

### **Effleurage Benefits**

- Aids relaxation
- Stimulates circulation providing fresh oxygenated blood to tissues and organs
- Eliminates waste products and toxins assisting the lymphatic drainage process
- Removes dead cells from the surface of the skin, improving skin tone, circulation and elasticity
- Eases muscular strain by flushing out toxins
- Stimulates the nervous system
- Soothes nerve endings
- Relaxes muscles fibres
- Increases sebum production keeping skin smooth and soft
- Reduces swelling
- Invigorates, if quick strokes are used
- Aids relaxation

### **Petrissage Benefits**

- Increases circulation
- Keeps ligaments and tendons supple
- Reduces physical stress
- Produces heat
- Loosens adherent tissue
- Improves tone and elasticity of muscles
- Relieves low backache
- Nourishes joints and ligaments improving mobility

### **Proprioceptive Neuromuscular Facilitation (PNF) Benefits**

- Improves flexibility, strength and range of motion in a damaged or stiff muscle.

### **Soft Tissue Release (STR) Benefits**

- Extends the limbs movement of range movement taking the pressure off the point of (problem) origin
- Realigns muscle fibres that have been stressed due to injury
- Breaking up of adhesions between muscles
- Restoring balance and aiding posture
- Mobilisation of joints



Body, Mind and Spirit  
Steve and Jana  
Tel. 07947 754254

## Sports Remedial Massage

### After Care Advice:

- Might be advised to use ice packs or warm bathes (hot water bottle)
- Might be given specific exercises
- Avoid solar contact and citrus oils (sunburn risk) for 24 hours
- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Avoid deodorants / fragranced products
- Be aware of side effects – use leaflet or internet information
- Light meal 2 hours before / after
- Exercise effects Blood pressure
- Drowsiness possible (be careful driving) allow your body to guide you
- Don't swim, shower / bath for 12 hours (oils still absorbed)
- Headaches / dizziness possible
- Excess urination, bowel movement is normal as toxins are eliminated