LWW Massage Therapy & Bodywork Educational Series

Therapeutic Massage in Athletics





Pat Archer



the Point

Contents

Preface / vii Acknowledgments / ix Reviewers / xi

PART I INTRODUCTION TO THERAPEUTIC MASSAGE IN ATHLETICS / $\scriptstyle\rm I$

1 Introduction to Massage Therapy / 3
Terminology / 4

Benefits and Physiologic Effects of Massage / 4 Guidelines for Selecting Massage Equipment and Supplies / 8 Application Guidelines for All Massage / 13 Massage Techniques Most Beneficial to Athletes / 17

2 Sports Massage / 22 Categories of Sports Massage / 23

What Is Basic Sports Massage? / 24 Basic Sports Massage Strokes / 24

PART II ANATOMY AND PHYSIOLOGY FOR MASSAGE IN ATHLETICS / 43

3 Cardiovascular and Lymphatic Systems / 45 Cardiovascular Circulation / 45

> Overview of the Lymphatic System / 50 The Lymph Vessel Network / 53 Mechanisms of Lymph Formation and Movement / 56 Direction of Lymph Flow / 59 Types of Edema / 62

4 The Neuromuscular System / 66
Skeletal Muscle Contraction / 67
Types of Muscle Contraction / 68
Functions of Skeletal Muscles / 69
Basic Muscle Reflexes / 70
Skeletal Muscle Response to
Abnormal Stress / 73
Theories of Pain Reduction / 78

5 The Myofascial Network / 84 Connective Tissue / 84 Skeletal Muscle Architecture / 87 The Fascial Network / 88 The Functional Myofascial Chains / 96

6 The Physiology of Healing / 100

The Acute Stage / 101
The Subacute Stage / 103
The Maturation Stage / 103
Signs and Symptoms of Healing / 104
Therapeutic Goals for Each Stage of the
Healing Cycle / 105

PART III THERAPEUTIC MASSAGE TECHNIQUES FOR SPORTS HEALTH CARE / 109

7 Lymphatic Facilitation Techniques / III
The Development of Lymphatic Massage / II2
Lymphatic Considerations for Standard Care of
Injuries / II2
Contraindications for Lymphatic Facilitation / II3
Body Mechanics and Other Considerations / II3
Lymphatic Facilitation Strokes for Use With
Traumatic Edema / II4
Three General Stages of Lymphatic Facilitation
Sequences / II9
Treatment Sequences for Traumatic Edema / I24
Lymphatic Facilitation for Recovery from
Exercise / I24

- 8 Neuromuscular Techniques / 130
 What Is Neuromuscular Release? / 130
 Indications and Contraindications for
 Neuromuscular Release / 131
 Proprioceptive Techniques / 131
 Trigger Point Techniques / 135
 Positional Release Techniques / 139
 Guidelines for Combining Proprioceptive
 Techniques / 147
 Neuromuscular Release for Specific Muscles / 148
- 9 Myofascial Techniques / 153
 The Myofascial Techniques / 154
 Indications and Contraindications / 154
 Assessing Myofascial Restrictions / 155
 Site-Specific Myofascial Techniques / 157
 . Broad Plane Myofascial Techniques / 165

PART IV PROTOCOLS FOR MASSAGE USED IN ATHLETICS / 1777

- Massage for Sports Events / 179
 Goals of Event Massage / 179
 Stroke Combinations and Massage Focus / 181
 Timing, Pace, and Duration for

 Event Massage / 182
 Massage Interviews / 183
 Post-Event First Aid / 183
 Examples of Event Massage Sequences / 187
- Maintenance Massage / 208
 Goals and Benefits of Maintenance
 Massage / 209
 Guidelines for Maintenance Massage / 209
 Maintenance Massage for the Lower Body / 210
 Maintenance Massage for the Upper Body / 217

- 12 Evaluation: Identifying Problems and Assessing Needs / 225 The Purpose of Evaluation / 225 The Evaluation Process / 227
- Treatment Massage / 243
 Treatment Massage Goals and Plans / 244
 Acute Sprains and Strains / 245
 Chronic Sprains and Strains / 246
 Hematomas and Acute Bursitis / 249
 Neurovascular Compression or Tension
 Syndromes / 252
 Miscellaneous: Stitches and Cricks / 255
 Treatment and Rehabilitation: Two Different
 Processes / 256
- Common Therapeutic Modalities
 in Sports Health Care / 261
 Hydrotherapy / 261
 Compression Pumps and Short-Stretch
 Wraps / 264

Appendix A: Massage Categories and Common
Brand Names / 268

Appendix B: Muscle Focus for Massage by Sport / 269

Appendix C: A Quick Reference for Distinguishing
Sign and Symptoms by Body Region / 272

Appendix D: Selected Special Tests / 282

Appendix E: Answers to Chapter Review
Questions / 291

Glossary / 296

Index / 301