

Contents

Series Preface v ■ Preface vii ■ Acknowledgments viii

PART I Getting Started With Sports Massage

- 1** Introduction to Sports Massage 2
- What Is Sports Massage? 2 ■ Who Should Be Treated? 2 ■ How Does Sports Massage Work? 3 ■ Where Can Sports Massage Take Place? 4 ■ When Should Sports Massage Take Place? 4 ■ Benefits of Sports Massage 5 ■ Closing Remarks 6 ■ Quick Questions 6
- 2** Contraindications for Sports Massage 7
- Contraindications 7 ■ Pathology 9 ■ Closing Remarks 17 ■ Quick Questions 18
- 3** Preparing for Sports Massage 19
- Venue 19 ■ Equipment 20 ■ Hygiene 23 ■ Client Positioning 24 ■ Safety 31 ■ Closing Remarks 31 ■ Quick Questions 32

PART II Sports Massage Techniques

- 4** Body Mechanics 34
- Massage Couch Height 34 ■ Working Posture 35 ■ Principles of Application 37 ■ Closing Remarks 41 ■ Quick Questions 41
- 5** Massage Techniques 42
- Components of a Massage Stroke 42 ■ Effleurage 47 ■ Petrissage 48 ■ Compression 50 ■ Deep Strokes 51 ■ Vibration 56 ■ Tapotement 59 ■ Friction 61 ■ Closing Remarks 65 ■ Quick Questions 65

PART III Applying Sports Massage

- 6** Sports Massage for Prone Positions 67
- Neck 69 ■ Shoulder 70 ■ Torso 74 ■ Pelvis 76 ■ Leg 78 ■ Foot 82 ■ Sitting 83 ■ Quick Questions 85

7 Sports Massage for Supine Positions 86

Neck 87 ■ Chest 89 ■ Shoulder and Arm 90 ■ Torso and
Abdominal Muscles 92 ■ Pelvis 95 ■ Thigh 96 ■
Leg 99 ■ Foot 100 ■ Quick Questions 101

8 Sports Massage for Side-Lying Positions 102

Neck 103 ■ Shoulder and Arm 105 ■ Torso 107 ■ Pelvis 109 ■
Thigh 110 ■ Quick Questions 112

PART IV Sports Massage Programmes and Management

9 Client Assessment 114

Subjective Assessment 114 ■ Objective Assessment 119 ■
Interpretive Stage 136 ■ Closing Remarks 140 ■ Quick
Questions 140

10 Event Massage 141

Pre-Event Massage 141 ■ Inter-Event Massage 143 ■ Post-Event
Massage 145 ■ Working With an Elite Sport Team 146 ■
Organising an Event 148 ■ Closing Remarks 150 ■ Quick
Questions 150

11 Special Populations 151

Spinal Cord Injuries 151 ■ Limb Deficiency 154 ■ Cerebral
Palsy 154 ■ Visual Impairment 155 ■ Communication 155 ■
Closing Remarks 155 ■ Quick Questions 156

Answers to Quick Questions 157 ■ Photo Index 163 ■ About the Author 167