



Sports Massage (Hands-on Guides Fpr Therapists)

Susan Findlay

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On the field, post-event, or in the clinic, *Sports Massage* is the essential resource for developing and perfecting your sports massage technique!

Sports Massage provides an in-depth discussion of applications of foundational massage techniques within a sports massage approach. Thorough instructions and over 130 full-color photos demonstrate the correct application of each massage stroke for muscle groups of the neck, shoulder, torso, pelvis, legs, and feet. You'll also learn how to use advanced working positions in prone, supine, side-lying, and sitting orientations to address each muscle group, helping you achieve a more comfortable and therapeutic session for your client.

This practical guide explains the foundations of sports massage as a profession, including performance-related benefits of sports massage, common environments for professional practice (practice, event, clinical), range of clientele (recreational or serious athletes, physically active people), and applications (pre-, inter-, and post-event, or as part of a training regimen or rehabilitation program).

Sports Massage emphasizes proper therapist mechanics, including working posture, proper table height, and effective client positioning to help improve the delivery of your technique and reduce strain to your arms, hands, and back. Highlighted in the text are tips on technique adjustments, and special "Client Talk" boxes offer suggestions for ways to communicate technical information to your clients. Throughout the text, self-test questions with answers allow you to check your understanding and reinforce your learning. In addition, a photo gallery index provides quick reference for checking techniques and their application.

Organized for quick reference, *Sports Massage* explains massage modifications for common injuries and conditions and provides technical information to support your decision-making process. Information regarding contraindications and pathologies will prepare you to adapt your technique to accommodate a wide range of soft tissue conditions. In addition, discussion of equipment, hygiene, and safety considerations will help you be prepared for each therapy session.

A discussion of client assessment and consultation will assist you in learning how to obtain the necessary information to address muscular issues during the therapy session. *Sports Massage* also discusses considerations in administering the technique to special populations, including individuals with spinal cord injuries, limb deficiencies and visual impairments, and cerebral palsy. In addition, you'll find information on conducting sports massage before, during, and after sporting events.

Part science and part art, effective sports massage relies on a therapist's thoughtful application of knowledge and experience. *Sport Massage* provides a solid knowledge base, helping you learn how to work with your body efficiently and apply each technique with sensitivity. With its emphasis on correct body mechanics and effective client positioning, *Sports Massage* will help you improve your technique, reduce strain as you work, and provide a better quality of touch.

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As people who live in the modest era should be up-date about what going on or facts even knowledge to make all of them keep up with the era and that is always change and move ahead. Some of you maybe will certainly update themselves by studying books. It is a good choice for yourself but the problems coming to an individual is you don't know which you should start with. This Sports Massage (Hands-on Guides Fpr Therapists) is our recommendation so you keep up with the world. Why, since this book serves what you want and need in this era.

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