

Sports Massage- Many Techniques & Benefits

Sports Massage has been utilized by professional and top level amateur athletes for years. Currently more and more people are realizing the positive benefits of sports massage techniques. Anyone can suffer from the same type of soft tissue injuries sustained by athletes. Many professionals and recreational dancers, musicians, actors and other artists cope with physical overuse problems within their body. Others with physically demanding occupations that force them to use their bodies include construction workers, many in the restaurant business, and office workers. Police and fireman, health care professionals, and numerous other professions develop overuse injuries as well. Lets not forget recreational athletes and those who work around the home, cleaning, gardening and caring for children or other family members. All of these activities can lead to soft tissue injuries. So as you see sports massage is not just for athletes.

There are different levels and types of sports massage.
Here are their descriptions:

Recovery- This treatment is for the injured athlete, and is given after a strenuous workout or competition to enhance the athlete's physical, mental and emotional recovery from the stress of their activity. This facilitates the bodies own healing process and helps the athlete maintain a normal stated of homeostasis.

Remedial- Utilized to treat anyone suffering from a debilitating condition. These conditions can affect a person's ability to perform their task or function but usually do not stop them from doing so. These are often nagging, chronic conditions that will hamper performance and can lead to more serious conditions if not properly addressed.

Rehabilitative- Utilized to treat a specific diagnosed injury or condition that disables the person and requires the care of a physician. Rehabilitation often involves communicating and working with a number of different health care providers.

Maintenance- Received by athletes on a regular basis as a part of their overall training routine. This enhances recovery from strenuous activities and also treats debilitating conditions to help the athlete maintain optimal health. Sessions include general recovery massage to the entire body with remedial applications to specific problem areas.

Event- Done at the event site to help the athlete prepare or recover from a specific competitive event.

Pre-Event- Done in conjunction with the athlete's regular physical warm-up. It helps prepare the athlete both physically and mentally. By decreasing muscle tension and increasing circulation and flexibility the muscle will be able to work longer and more efficiently with less chance of injury. It also improves mental readiness by either stimulating or calming the athlete.

The treatment is fast paced and rhythmic. It should be light pressure causing no discomfort. The treatment usually lasts 10-15 minutes, should be warming and non-specific with emphasis on the muscles used in the particular event.

Inter-Event- Used when an athlete is required to compete several times during a one or two day period. It helps the athlete recover from one event while preparing for the next. It combines aspects of both pre and post event massage because the athlete is recovering from one event while preparing for the other. The treatment is usually short and light, concentrating on the muscles being used to keep the athlete's body warm and to reduce fatigue.

Post-Event- Used to help reduce recovery time by reducing muscle tension, relieving swelling and preventing soreness. Circulatory and fiber spreading strokes that encourage venous and lymphatic flow are used without further traumatizing the soft tissues. Injuries and other problems may be identified, evaluated, and referred for diagnosis needed. Minor injuries may be treated when appropriate. Ice may be used for minor sprains, strains, cramps and on areas of inflammation.

Along with Sports massage we may offer resistance stretches (METS), as well as some structural integration techniques (deep slow strokes on very specific areas using water-similar to rolfing).

Please call us to schedule your appointment and we can evaluate which techniques are best for you!

Thank you,
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