

As muscle
tension, enhance
circulation, prepares
athletes physically
and



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As a Soft-tissue therapist I could prepare athletes for competition and recover after it the following way: 1.

I could apply Pre-event massage for preparation. 2. I could apply Post-event massage for recovery. 3. I could provide them with Inter-event massage for recovery and preparation between events and time-outs during few (or more) days competition. 4.

I could provide them with Regular maintenance massage as for a long term support. 1. I can prepare athletes for competition by applying pre-event massage on them to prepare their body for optimal performance. Pre-event massage is designed to enhance athletes' performance physically and psychologically pre-event (or pre training) and involves tailored pre-workout stretches to warm up their muscles.

Benefits of pre-event massage treatment: stretch and warm up muscles, reduce muscle tension, enhance circulation, prepares athletes physically and mentally for optimal performance, loosen up on muscle without causing significant physiological changes, improves flexibility, reduce excessive tension, enhance mental clarity. Techniques and methods used and their benefits for the athletes are the following: Pre-massage treatment can be scheduled about 2 days to few minutes before the actual event. The duration of the treatment is important as it should not last more than 10-15 minutes in order to avoid overstimulation or too much relaxation. The pace of the pre-event massage should be brisk and stimulating in order to warm up the superficial tissues of the body and enhance blood flow to the deeper

muscles. It involves gentle mobilisation of joints along gentle stretching of the muscles.

The massage should be psychologically reassuring. Pre event massage is applied generally through clothing. No massage oil or creams are needed to be used. Techniques can be used: effleurage warming • spreading massage medium (cream, oil) • introduce and acclimatise client to therapist's touch • palpate tissue • encourage venous return • encourage some lymph drainage petrissage break up residual metabolic waste and encourage movement into blood vessels • assist venous return • increase resting length of muscle tissue and tendons mobilisation involves gentle mobilisation of joints to warm up the ankle, knee, hip, and back. tapotement - percussion involves rapid rhythmic movements such as hacking, slapping and cupping of the massaged area - arm, shoulder, legs, hip - by hands to stimulate, warm up and increase local blood circulation. ROM of the legs, hips, arm or shoulder joints reduces stiffness light stretching make muscles ready for warm up shaking certain body-parts reduces excess tension rocking certain body-parts reduces excess tension compression increase blood flow to the targeted muscles².

I can perform post-event soft tissue massage on athletes to enhance their physical and psychological recovery following competition (or training). Post-event massage is designed to enhance recovery and tissue repair, reduce fatigue, relieve muscle swelling and tension and remove build up of muscle aches and pains following sports competition. Benefits of post-event massage: significantly enhance blood flow to affected areas following DOMS (delayed onset muscle soreness) after event/exercise; reduce the risk of <https://assignbuster.com/as-muscle-tension-enhance-circulation-prepares-athletes-physically-and/>

work-out fatigue and soreness (DOM's); improve venous return and increase lymph flow; aid the clear up of toxins and lactic acid built up during performance; enhance immune system; reduce muscle swelling and tension and improves healing; help return muscles to their normal resting tones and lengths; stimulate tissue repair; reduce muscle stiffness and soreness; relieve aches and pains; assist with cool down routine or even replace it if athlete is too tired to do it properly; aid relaxation and mental recovery from the event; increase flexibility; Technique used and their benefits for the athletes are the following: Timing of post-event massage treatment: between 30 minutes up to a day or two after the actual event. Post-event treatment should last around 30 minutes and should be calming, slow and rhythmic, encourage venous return, includes some stretching, can be applied from 30 min to 48 hrs following the actual event. Techniques can be used: Effleurage (stroking) warming; spreading massage medium (cream, oil); acclimatising client to therapist's touch; tissue palpation; encouraging venous return and some lymph drainage Petrissage (kneading) breaking up residual metabolic waste and encouraging movement into venous blood vessels; assisting venous return; increasing resting length of muscle tissue and tendons Broadening compression enhancing physical/mental relaxation; relieving tightness of the muscles; decreasing muscle aches and pains; increasing vasodilation and blood flow which enhances tissue healing; enhancing waste products and toxin removal from the body; improving mood by certain hormone stimulation Joint mobilisation restoring optimal function and ROM Assisted stretching relieving pain and cramps; reducing post-event soreness; improving mobility; preventing potential injuries. 3. Inter-event

massage improves recovery and preparation between events and time-outs during few (or more) days competition. 4.

As a long term support I can provide athletes with regular maintenance treatments throughout a performing season and their sporting career. For active athletes, regular soft tissue therapy treatments address chronic issues, muscular imbalances, bio-mechanical issues and any musculoskeletal injuries. It releases hypertonic muscles, improves ROM, flexibility and prepare athletes for their best performance. Regular maintenance treatment reduces work-out fatigue (delayed onset muscle soreness), aid recovery, and in the long term prevent injuries before they happen. regular treatment is a essential part of rehabilitation reduces recovery time between workouts , breaks down scar tissue and reduces pain. It also aid relaxation and improve athletes physical and psychological wellbeing.

It also improves athlete conditioning and performance, makes them recover faster and with fewer or no injuries. Benefits of regular maintenance massage treatments: it help prevent injuries, loss of mobility and the overuse of muscles reduces recovery time between workouts Regular treatments also help athletes maintain their body in generally better condition improve their posture, boost performance and extend the overall life of their sporting carrier it restore mobility and normal function to injured, sore or overused muscle tissue and other body structures Regular treatments help recovery from an injury when combined with rehabilitation exercises as it helps re-align scar tissue from injury improve bad posture Maintenance massage treatment is ideal once a week or fortnightly

lasting 60-90 minutes. Treatment plan will depend on athletes' chosen sport, medical history, current situation, injuries etc.

Massage methods used: Soft tissue massage, Soft Tissue Release (STR), Trigger Point Therapy, Muscle Energy Technique (MET – Post isometric Relaxation and Reciprocal Inhibition), Neuromuscular Technique (NMT), Deep Friction, Deep Tissue Massage, Myofascial Release and stretches.