

Lesson Plan: Sports Theory 1

5 minutes: Breath of Arrival and Attendance

15 minutes: Kinesiology Pop Quiz

35 minutes: Lecture on Sports Massage



Classroom Rules

Punctuality- everybody's time is precious:

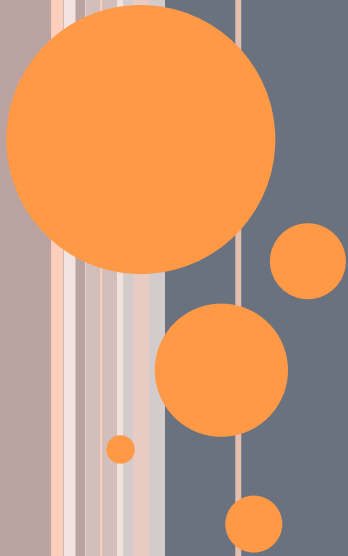
- Be ready to learn by the start of class, we'll have you out of here on time
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones in classrooms, clinic or bathrooms

You will receive one verbal warning, then you'll have to leave the room.





Shoulder Kinesiology

Pop Quiz

WHAT MUSCLE DID YOU BUILD YESTERDAY?



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- 1) Name the muscle



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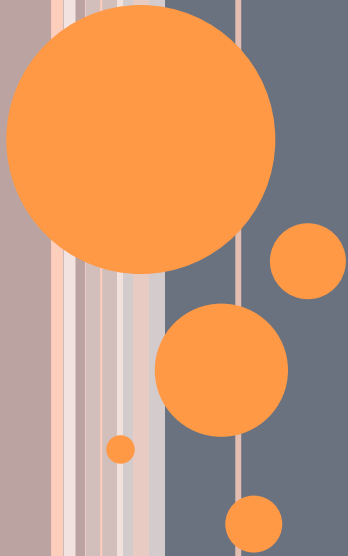
- 1) Name the muscle
- 2) Give, as best you remember, O, I, and Primary A



WHAT MUSCLE DID YOU BUILD YESTERDAY?

- 1) Name the muscle
- 2) Give, as best you remember, O, I, and Primary A
- 3) Palpate the muscle on your neighbor





Introduction to Sports Massage

What Is Sports Massage?

Applications of Massage in the Athletic Context

Restorative - helping athletes recovery from bouts of activity or injury

Maintenance - massage on a regular basis to enhance recovery, and to maintain optimal health

Event - helping athletes prepare for or recover from a specific competitive event



RESTORATIVE MASSAGE

- Recovery Massage - uninjured athletes recovering from strenuous workout or competition
 - Aims to improve circulation and promote relaxation



RESTORATIVE MASSAGE

- Remedial Massage - athletes with minor or moderate injuries
 - Aims to reduce or eliminate pain and dysfunction, restoring optimum level of physical, mental and emotional fitness



RESTORATIVE MASSAGE

- Rehabilitation - athletes with severe injuries, or post-surgical (working as part of a team)
 - Aims to reduce pain, edema and spasm, increase circulation, form healthy scar tissue, break adhesions, promote early mobility, reduce tension, general anxiety and stress



Sports Massage and Athletic Performance

- Applied Skillfully, sports massage increases performance potential in 3 ways
 - 1) Optimizes positive performance factors, minimizes negative ones
 - 2) Decreases injury potential
 - 3) Supports soft tissue healing



Sports Massage and Athletic Performance

- Positive Performance Factors (optimized)
 - Healthy muscle and connective tissue
 - Normal range of motion
 - High energy
 - Fluid, pain-free movement
 - Mental calm, alertness, concentration



Sports Massage and Athletic Performance

- Negative Performance Factors (minimized)
 - Dysfunctional muscle and connective tissue
 - Restricted range of motion
 - Low energy
 - Staleness, pain and anxiety



Constellation of Effects

- Primary effects lead to Secondary effects that optimize positive performance factors



Primary Effects – physiological and psychological changes in the athlete as a direct result of massage



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- Improved fluid circulation



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- Muscular relaxation



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- Separation of muscle and connective tissue
- Formation of healthy scar tissue



Primary Effects – physiological and psychological changes in the athlete as a direct result of massage

- Improved fluid circulation
- Muscular relaxation
- Separation of muscle and connective tissue
- Formation of healthy scar tissue
- Connective tissue normalization



Connective Tissue Normalization

Connective tissue in poor condition can limit overall movement

Chronic stress and immobility can cause CT to become rigid, inflexible

CT's property of thixotropy means that it becomes more fluid when it is warmed and manipulated

A more fluid ground substance promotes exchange of nutrients and waste products through the medium



Connective Tissue Normalization

Injury can result in adhesions within the CT

Adhesions are bindings of two anatomical surfaces (such as myofascia) that are normally separate

Adhesions limit movement

Kneading, deep friction and stretching can prevent and/or break down adhesions, enhancing movement capability



Primary Effects – physiological and psychological changes in the athlete as a direct result of massage

- Improved fluid circulation
- Muscular relaxation
- Separation of muscle and connective tissue
- Formation of healthy scar tissue
- Connective tissue normalization
- Deactivation of trigger points



Myofascial Trigger Point

Focus of hyperirritability in tissue

Locally tender, often within a taut band of muscle fibers

Gives rise to referred pain and tenderness

Sometimes gives rise to referred autonomic phenomena

May cause distorted proprioception



Myofascial Trigger Point

Signs of Trigger Points include:

Dull, aching or referred pain

Stiffness and weakness in the involved muscle

Restricted range of motion

Pain on contraction

Pain on stretching



Myofascial Trigger Point

Techniques used to deactivate Trigger Points include:

Warming with effleurage, petrissage, and deep sliding movements over the taut band of muscle containing the TP

Ischemic compression – direct digital pressure on the point with enough force to cause blanching of tissue or elicit the referred sensation

Stretching should be applied after massage



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- Muscular relaxation
- Separation of muscle and connective tissue
- Formation of healthy scar tissue
- Connective tissue normalization
- Deactivation of trigger points
- General relaxation



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- Muscular relaxation
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- Formation of healthy scar tissue
- Connective tissue normalization
- Deactivation of trigger points
- General relaxation
- Anxiety reduction



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- Deactivation of trigger points
- General relaxation
- Anxiety reduction
- Increased feelings of well-being



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- Improved fluid circulation
- Muscular relaxation
- Separation of muscle and connective tissue
- Formation of healthy scar tissue
- Connective tissue normalization
- Deactivation of trigger points
- General relaxation
- Anxiety reduction
- Increased feelings of well-being
- Increased alertness and mental clarity



Secondary Effects – performance-related outcomes
resulting from the primary effects of massage



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- Greater energy



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- Freer movement at joints



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- Faster recovery



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- Freer movement at joints
- Faster recovery
- Pain reduction
- Appropriate level of emotional stimulation



Secondary Effects – performance-related outcomes resulting from the primary effects of massage

- Greater energy
- Freer movement at joints
- Faster recovery
- Pain reduction
- Appropriate level of emotional stimulation
- More positive outlook and motivation

