



# Sports Theory 2

## Lesson Plan: Sports Theory 2

10 minutes:      Breath of Arrival and Attendance

10 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.*





# Pop Quiz

Hip/Thigh/Leg Kinesiology

WHAT MUSCLE DID YOU RECENTLY BUILD?



## WHAT MUSCLE DID YOU RECENTLY BUILD?

- 1) Name the muscle



## WHAT MUSCLE DID YOU RECENTLY BUILD?

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



## WHAT MUSCLE DID YOU RECENTLY BUILD?

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







# **Sports Massage Techniques**

## SLIDING (EFFLEURAGE) - BASIC

- Facilitates movement of blood, lymph and interstitial fluid - done in centripetal direction
- Induces relaxation response if light and slowly rhythmical



## FALTERING (OR BRISK) EFFLEURAGE

- Warming
- Stimulating to nervous system



## EFFLEURAGE – THUMB SLIDES (STRIPPING)

- Reduce muscle tension
- Increase elasticity
- Broaden and elongate muscle fibers



## EFFLEURAGE – BROADENING (FULLING)

- Compress and slide in transverse direction to fibers
- Helps restore muscle to optimal contraction potential



## KNEADING (PETRISSAGE)

- Alternately squeeze, lift, release tissue
- Increases local circulation
- Reduces tone



## COMPRESSION – PALMAR/LOOSE FIST

- Relatively broad application
- Done in a pumping manner, increases blood flow
- If done briskly, also stimulates nervous system
- If done slowly/firmly, reduces local tone, increases broadening potential



## COMPRESSION – DIGITAL/FOCUSED

- Apply in static applications
- May repeat in a pattern
- Deactivates trigger points
- Releases spasms





## PERCUSSION (TAPOTEMENT) – NUMEROUS VARIATIONS

- Pleasant, generally stimulating
- Anxiety reducing
- May relax hypertonic muscle groups



## FRICITION - SUPERFICIAL

- Slides over skin
- Stimulating
- Warming to superficial tissues



## FRICITION – DEEP (MOVES SKIN AND SUPERFICIAL LAYERS OVER DEEPER LAYERS)

- Warms deeply
- Reduces adhesions
- Promotes flexible scarring
- Promotes healing through circulatory enhancement



## FRICITION – DEEP (MOVES SKIN AND SUPERFICIAL LAYERS OVER DEEPER LAYERS)

- Transverse is most mechanically effective
- Circular is effective, yet more comfortable
- Longitudinal is good for exploring and warming, but least mechanically effective





# **Rationales for Effectiveness of Sports Massage**

# 1) CIRCULATORY MODEL - PROBLEMS

- Depletion of nutrients and enzymes
- Pollution of tissue with metabolic by-products
- Excess fluid in tissues due to osmotic pressure
- Micro and macro injuries in need of healing
- Sprains and strains cause swelling, pain, loss of function (loss of precious training time)



## 1) CIRCULATORY MODEL - SOLUTIONS

- Swedish massage enhances circulation, speeding recovery time from fatigue or injury
- Lymphatic drainage massage reduces edema and increases circulation during injury rehab or healing from surgery



## 2) MYOFASCIAL MODEL - PROBLEMS

- Fascial restriction/adhesion prevents full ROM, retards circulatory exchange
- Scar tissue further restricts movement and provides potential site for future injury





## 2) MYOFASCIAL MODEL - SOLUTIONS

- Myofascial release techniques and stretches release and lengthen fascial restrictions, promoting fuller ROM
- Deep transverse friction and melting reduce adhesions, help to align scar tissue in a functional arrangement
- Skillful manipulation creates a greater degree of fluidity of ground substance for more efficient nutrient/waste exchange



### 3) NEUROMUSCULAR MODEL - PROBLEMS

- Tight muscles limit ROM/power
- Balky antagonists reduce efficiency and power, increase risk of muscle strain
- Chronically hypertonic muscles are uncomfortable, disturb rest and recovery
- Insidious pain-spasm-pain cycle needs to be unwound



### 3) NEUROMUSCULAR MODEL - SOLUTIONS

- Massage relaxes tense muscles, as well as the individual living inside of them
- Skillful use of proprioceptors in facilitated stretching or position-release techniques reduces hypertonicity
- Ischemic compression followed by stretching deactivates trigger points

