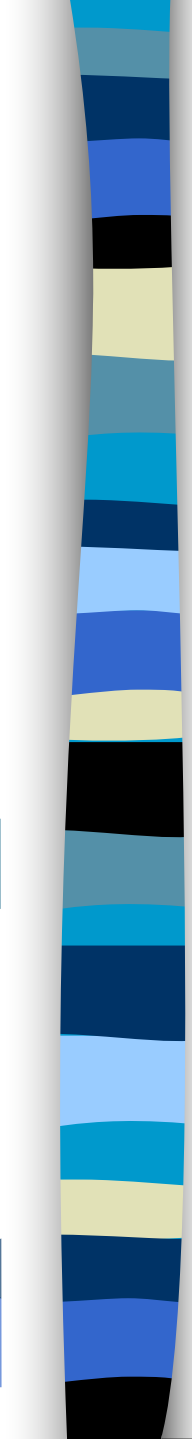


## 71b Sports Massage: Technique Demo and Practice: Pre-Event and Post-Event



# 71b Sports Massage: Technique Demo and Practice: Pre-Event and Post-Event

## Class Reminders

### Quizzes:

- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores, gluteals, hamstrings, quads, piriformis, quadratus femoris) – 50 questions in 40 minutes

### Spot Checks:

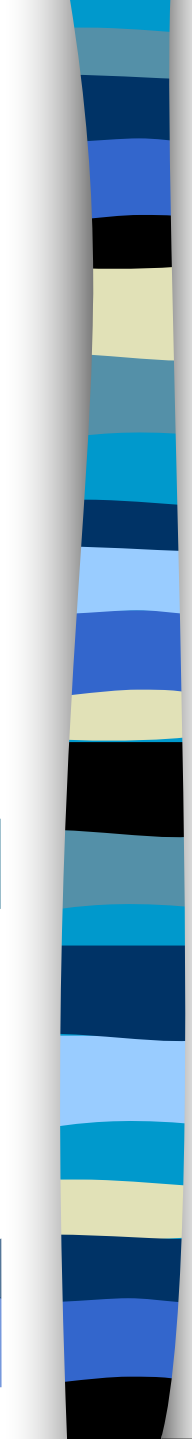
- 75b Orthopedic Massage: Spot Check – Piriformis and Sacroiliac
- 78b Orthopedic Massage: Spot Check – Low Back Pain

### Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

### Preparation for upcoming classes:

- 72a Orthopedic Massage: Introduction
  - Packet J: 1-35.
- 72b Orthopedic Massage: Techniques and Effects
  - Packet J: 36-48.



# Classroom Rules

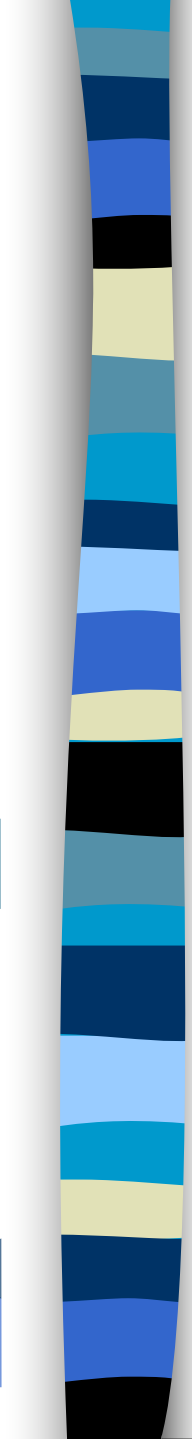
**Punctuality** - everybody's time is precious

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

**The following are not allowed:**

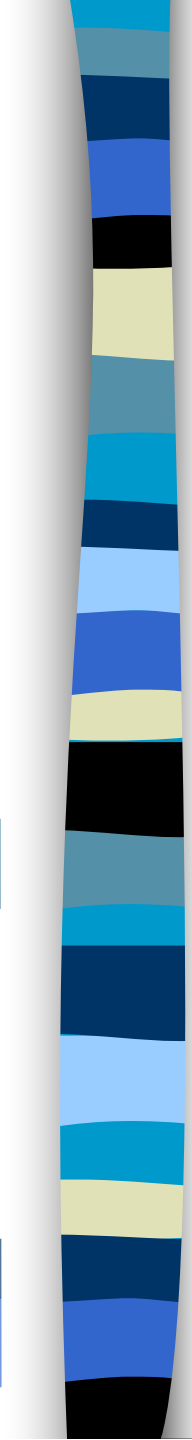
- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

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



## 71b Sports Massage: Technique Demo and Practice: Pre-Event and Post-Event

Packet F - 115



# 71b Sports Massage: Technique Demo and Practice: Pre-Event and Post-Event Class Outline

5 minutes                      Attendance, Breath of Arrival, and Reminders

## **1<sup>st</sup> Trade:**

30 minutes                      Slow trade/routine

15 minutes                      Medium speed

5-10 minutes                      Fast speed

25 minutes                      Practice

20 minutes                      Switch and Break

## **2<sup>nd</sup> Trade:**

30 minutes                      Slow trade/routine

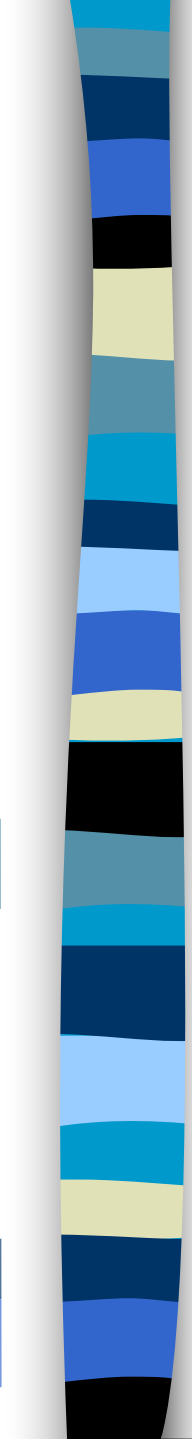
15 minutes                      Medium speed

5-10 minutes                      Fast speed

25 minutes                      Practice

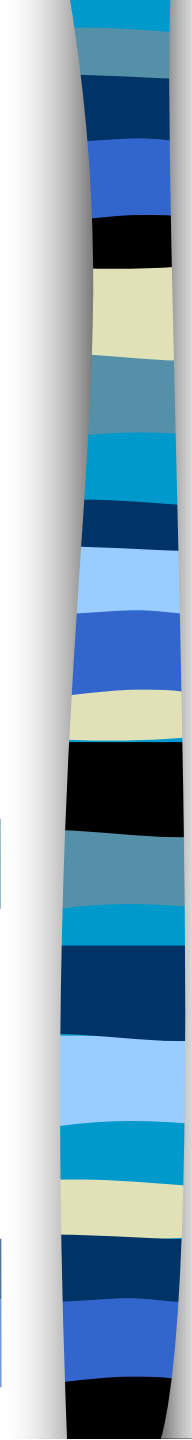
15 minutes                      Clean up and circle up

3 hours and 20 minutes total with flex



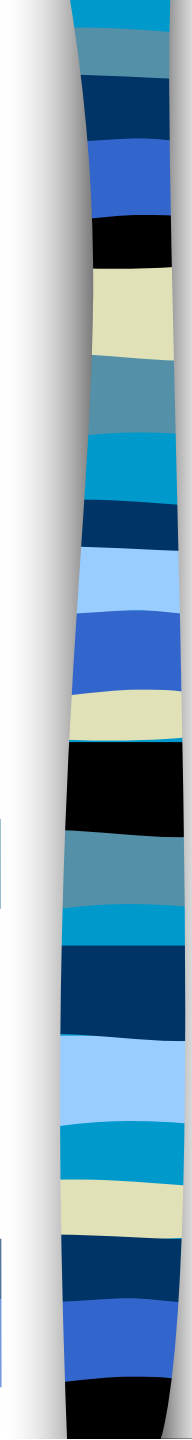
# Posterior Upper and Lower Body

- BMT - spinal rotation & release with erector compressions (both sides)
- Knead back of neck
- BMT - Scapular mobilization with trapezius and deltoid compressions
- Return arm to the table and squeeze down the forearm and hand
- Alternately, elevate the scapula, using fingers of outside hand against the lateral border, then depress the scapula by using thumb compressions from the inside hand to levator scapula insertion, belly of upper trapezius, and supraspinatus
- Repeat arm and shoulder work on opposite side
- BMT - Gluteal and hamstring compressions with knee and hip mobilizations
- Using both fists, apply specific compressions over the gluteal area
- Knead the hamstrings and adductors
- Knead the calf
- BMT - Ankle mobilization with gastrocnemius compressions
- Finish by squeezing the foot
- Repeat on opposite side



## Anterior Lower and Upper Body

- BMT - Supine hip rotation with leg compressions
- Knead quadriceps and adductors
- Apply compressions with loose fist to lateral lower leg
- Squeeze the foot
- Repeat on opposite side
- BMT - Unilateral ribcage compression and mobilization
- BMT – Shoulder mobilization with pectoral compressions
- With arm still above the head, knead deltoids, triceps , biceps, and coracobrachialis
- Moving to the side, facing up the table, knead the forearm
- Squeeze the hand
- Repeat chest and arm on other side
- Kneeling or sitting at the head, use one hand to knead the back of the neck as the other cradles the head
- Reverse the hand positions and repeat



## 71b Sports Massage: Technique Demo and Practice: Pre-Event and Post-Event