

SO WHAT IS SPORTS MASSAGE?

A range of basic and advanced hands-on techniques that are performed with specific knowledge of how the body reacts to training and competition. The Practitioner also has a high level of awareness in assessing the appropriate treatment that should be carried out according to the individual, the situation and the environment. Sports Massage can take place in a clinic setting, or on-site at events.

HOWEVER, it is essential that the practitioner performing the massage is a fully qualified Sports Massage Practitioner and a member of either the Sports Massage Association (SMA: www.thesma.org) or the Institute of Sport & Remedial Massage (ISRM: www.theisrm.com).

WHY?

Due to the increasing popularity of Sports Massage, a number of Practitioners with only a basic massage qualification, consider that Sports Massage is so called because the receivers are people involved in Sport. However, without the further anatomy, physiology and pathology of injury knowledge gained on a fully accredited course, these practitioners are in danger of causing detriment to the competitor or his/her performance.

It does not matter whether the practitioner is a coach, personal trainer, physio or a Sports Medicine Doctor, if they are not a member of the SMA or ISRM, you cannot be sure that you are getting appropriate SPORTS MASSAGE treatment.

HOW DO I FIND A PROPERLY QUALIFIED SPORTS MASSAGE PRACTITIONER?

Ask the practitioner to show you evidence of their membership to the SMA/ISRM (membership card or certificate) or use our directory to find a local practitioner www.sspm.org.uk

To find out whether our fully qualified practitioners will be offering massage at your next event contact:

jackie@sspm.org.uk
enquiries@target-hf.co.uk
jacquimcs@yahoo.co.uk

Or call the office:

01721 720327

For more info on Sports & Events Massage, or details on Training Courses, log on to:

www.sspm.org.uk



- Training
- Events Massage
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TAKE CARE WITH SPORTS MASSAGE



Had Sports Massage in the past?

Thinking about having Sports Massage?



**Read on – for benefits
and misconceptions
that you should know
about!**

OK, BUT WHAT ARE THE BENEFITS ANYWAY?

Sports Massage in a clinic setting has the following benefits:

- Helps the body to recover more quickly from strenuous activity, helping to prevent DOMS, reducing muscle tension and aiding relaxation
- Can identify sub-clinical level conditions which may be treated before they become problem injuries
- Can improve a debilitating condition and/or facilitate healing after an injury
- Can increase flexibility and joint range-of-movement
- Keeps the soft-tissues in an optimum state for maximum performance
- Helps to ensure the correct psychological state of the receiver is maintained

Events Massage is a specialised form of Sports Massage and may take place before or after an event.



In long competitions comprising of many heats or events, techniques may be performed between the heats.

IS EVENTS MASSAGE USEFUL?

Evidence has shown that, properly administered, Events Massage can be very helpful in the following ways:

- Used in conjunction with a warm-up routine, **pre-event massage** helps to increase the physiological, physical and psychological readiness of the body for competition: circulation is increased, range of movement and flexibility is increased and the stimulating techniques used ensure the right degree of psychological readiness is maintained.
- **Post-event massage** is used primarily to help alleviate cramps or muscle spasms, facilitate the removal of excess fluid in the tissues and help restore the body's functions to normal. Research has shown that post-event massage does help to prevent DOMS (delayed onset muscle soreness). Practitioners will also use this session to advise on the need for further clinical treatment if necessary.
- Where competitors have multiple heats/games/matches on one day, **inter-event massage** can balance the need of the body to recover from the previous exertion with the need to ensure it is ready to compete again.

The objectives of each type of event massage are different, as are the needs of the individual competitor. Only a fully qualified Sports Massage [SMA/ISRM](#) Practitioner has been trained to deliver appropriate treatment.

WHEN SHOULD EVENT MASSAGE TAKE PLACE?

Pre-event Massage: Not more than 2 hours before an event and always in conjunction with a proper warm-up.

Post-event Massage: the body will benefit from post-event massage within 4 hours of the end of the event.



HOW LONG DOES A SESSION LAST?

10 minutes is an average length of time for a pre or post event session. Although, a couple of minutes of active techniques can be used to aid a competitor's warm-up or help during an inter-event period. If time allows, post-event massage may be longer.