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I take this opportunity to express my gratitude to him and his physiotherapy department for their painstaking attention to my details.

I also acknowledge the most respected committee of ISTE that authorized my authors and educational works in spa therapies, and awarded me privileges of life time statutes.

ABOUT THE AUTHOR

The author, Malini Chaudhri, currently manages a Start Up, Center for Wellness, in Delhi. India. She has been sponsored to Westport, CT, USA, where she pursued postgraduate CE courses in massage therapies. Sports Massage was an essential part of her research. She has also consulted with golf and referrals from a neurosurgeon.

She has a US license to practice.

In 2008 she successfully managed the UK Ministry qualification HABIA INDIA, which introduced level 2 and 3 massage of the National Occupational Standard. Sports Massage was included.

She has worked as a professor in South China Normal University before 1990, and acquired a license from WHO in acupuncture. She integrates Asian bodywork methods in her practice.

She has practiced Sports massage in short bursts in hospitals, clinics and with physiotherapy departments. She has been on record as Expert for consultation with US Open in therapies.

CENTER FOR WELLNESS

Center for Wellness is a registered and authorized knowledge database for spa and therapy qualifications managed by Malini Chaudhri, bearing IP no LM71879 (2010). It provides skills training at intermediate level for therapists seeking to improve employment opportunities globally. It is regulated by Indian Society of Technical Education, and has many advanced structures of assessment and training. It also cooperates actively with International subject experts, safety structures and legal boards.

Malini Chaudhri, Ph.D, Licensed Acupuncturist, Sports Massage therapist(U.S) and Habia India qualification manager, is a seminarist, author, continuing medical education provider, laser therapist, blogger, and technical educator. She develops technical listings and directories in therapies with constant cataloguing and digital connectivity, as is appropriate for the level of her ministeries.

The company has been verified by International Accreditation Organization through evaluation of the technical company, Center for Wellness, which received successful candidacy for accreditation in 2014. Delhi. India.

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Quote

“Take care of your body. It is the only
Place you have to live in.”

On Sports Massage

SPORTS MASSAGE COURSE CORE CONTENT

SPA THERAPY FRAMEWORK

- **SM 1 Objectives of Sports Massage**
- **SM 2 Techniques of Sports Massage**
- **SM 3 Health and Safety**
- **SM 4 Client Consultation**
- **SM 5 Etiquette**
- **SM 6 Methodology. Head, face and Neck.**
- **SM 7 Methodology. Upper Body**
- **SM 8 Methodology. Lower Body**

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REQUIRED SKILLS AND KNOWLEDGE

Comprehensive knowledge of anatomy and physiology and the ability to integrate knowledge of massage therapy techniques and modalities to provide a comprehensive massage treatment package for athlete/client, in particular athlete/client with sports injuries.

Relevant support for the general well-being of clients during massage.

Relevant knowledge of pathology/symptomology.

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Relevant principles of human movement and sport biomechanics.

ESSENTIAL SKILLS TO BE ACQUIRED

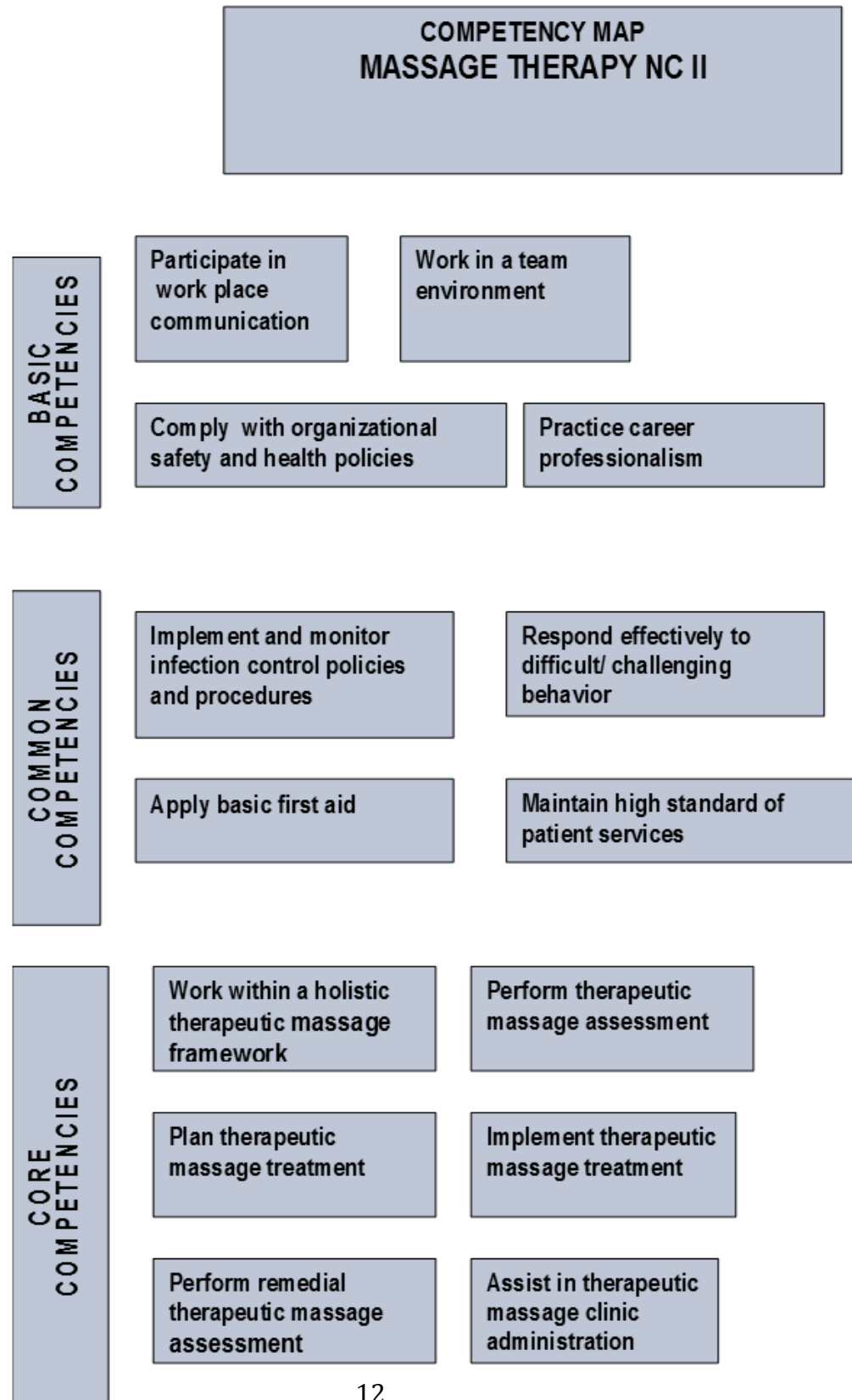
Apply knowledge and appropriate techniques to

- Assess sports injuries.
- Convey and interpret information.
- Demonstrate comprehensive ability to apply tactile techniques.
- Demonstrate comprehensive ability to gather and interpret information through the tactile senses.
- Design an advanced treatment plan and describe its progressions.
- Develop a treatment package incorporating packaging of advanced massage techniques and/or massage therapy techniques to treat common sports injuries.
- Establish, explain, clarify and instigate self-management programs with athlete/client's.
- Identify common sports injuries.
- Implement a treatment package through the integration of various techniques and modalities.
- Palpate and identify all bones/structures and muscle groups available to palpation.

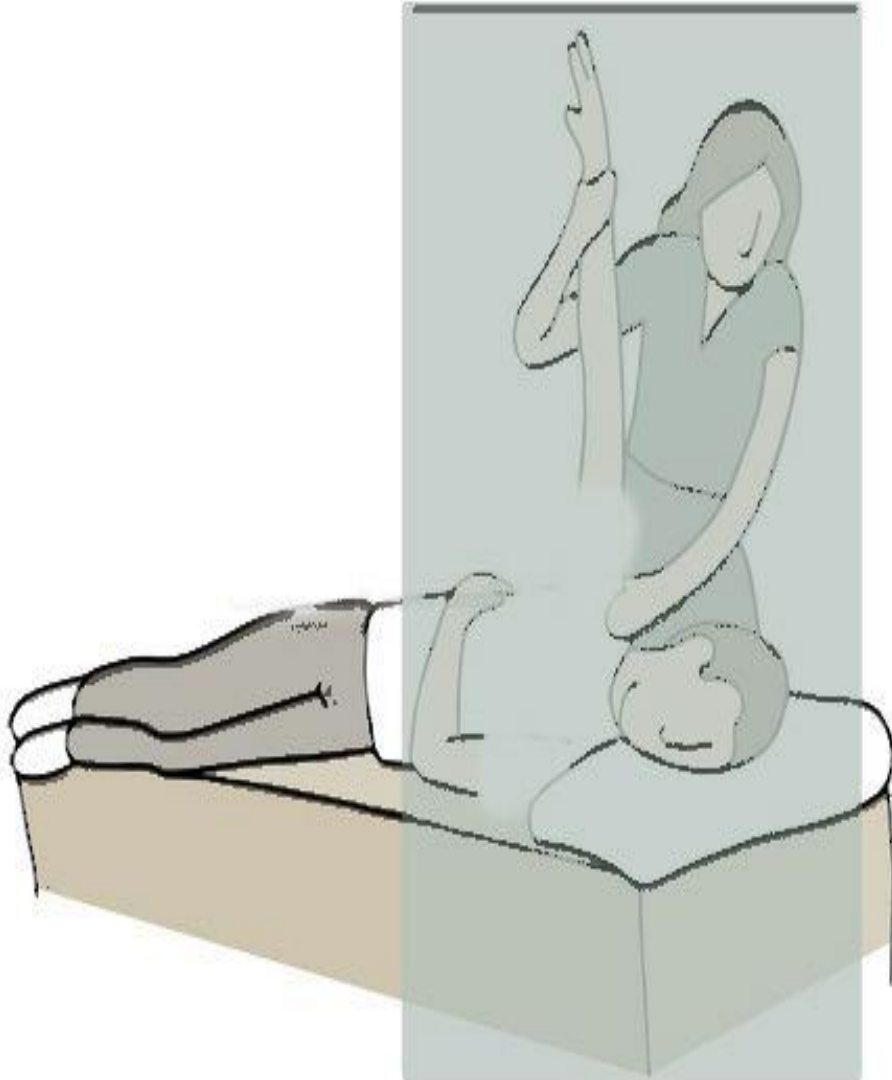
STANDARDS FOR GOOD PRACTISE

1. Build and maintain a relationship of trust with the client, with active promotion of and strict adherence to confidentiality.
2. Undertake monitoring of client health in line with plan of care.
3. Question client to ascertain their level of comfort and compliance with the treatment.
4. Ascertain degree of improvement or changes in the client's condition and compare with expectations in the plan of care.
5. Provide client with clear information about their level of improvement in relation to their plan of care.
6. Assess and review of treatment as required.
7. Document progress according to requirements.
8. Evaluate impact of ongoing treatment in relation to client's physical, mental and emotional condition and behavior.
9. Encourage clients to maintain their health by active involvement in their treatment and plan of care.
10. Recognize limits of own competency and refer clients to medical experts if needed.

11. Integrate with transformational structures of a new digitalized economy and its compact styles of facilitation for customers.









SPA THERAPY FRAMEWORK

- Spa therapy skills may be developed in a practitioner through practical experience, spa infrastructure and industry applications.
- In this course the spa/ wellness therapist develops skills and understanding of processes based on active leisure, fitness, sports, gyms, clubs and their growing needs in therapies when they are changing their bodies through fitness or related regimens.
- The environment of the spa, courtesy rules, tools for enhanced response as aromatherapy, mood lighting, hot and cold treatments, wet or dry treatments, baths and hydrotherapy services or related may be used to modify or adapt processes listed in this manual.
- Qualified therapists must know and differentiate pain or inflammation caused by sports, and provide relief in the spa through manipulations or through appropriate hot/cold or wet/dry treatments. Muscle tears may be damaged further with hot treatments, showers or steam. Cold treatment is needed to reduce sports related edema.
- The therapist must also learn to question and recognize the sports injury on the spa table, and refer conditions for further medical treatment if not competent or certified to manage them

SPA THERAPY FRAMEWORK



SPA THERAPY FRAMEWORK ESSENTIALS

Manage environment, clean air, tested clean water, sterilized linen, sanitized space.

Manage artificial or environmental light appropriate for therapy and wellness.

Manage quality in communication processes, client records, service costs, advertising claims and data security.

Manage spa ambience, to differentiate from hospital or clinical venue, through added accessories as candle, flower or aroma burner.

Manage comforting your customer through added cushions, towels, comfort wear, spa slippers and support in case of disability/injury.

Manage removal of watch, chain, jewelry in both therapist and customer.

Manage sound. Keep area free of noise, voices and arrange soft music if needed.

*MANAGE LIGHT, SOUND, SMELL. AIR,
WATER, CLOTHES, MOOD, ENVIRONMENTAL
HARMONY.*

*ENSURE QUALITY GUEST EXPERIENCE
APPROPRIATE FOR SPA THERAPIES
THROUGH EFFECTIVE MEASURES AND
FEEDBACK.*

INTEGRATING PRACTICE WITH HEALTH TECH



UNIT ONE

INTRODUCTION TO SPORTS MASSAGE

SPORTS MASSAGE UNIT I

SM 1.1 Sports massage is a recent addition to bodywork and spa services which is useful for clients at various levels of musculoskeletal activity and loading during sports.

Sports induces changes in the body that are noticeable in metabolic rate, fat burn, muscle tone, weight and energy consumption, flexibility, endurance and strength.

Sports massage balances and reinforces the bioenergetics to facilitate performance targets and to prevent injury in the process.

SM 1.2 Sports massage may utilize standard massage strokes as Swedish effleurage as its main methodology, and incorporate stretching, trigger point release or proprioception to support the clients need. It may also be specifically based in stripping muscles to stretch out the fibers and build up contraction/relaxation which enable assessment of injury, and correction of muscle dysfunction through the appropriate aids mentioned in the system.

Client consultation is important to decide the correct method of the service based on the need for relaxation, or reconditioning of the musculature involved, to assess progress and to improve the credibility of the business.

SM 1.3 Sports Massage may involve a need for ice or heat based on injury protocols. Muscular spasms may respond best to massages with iced gel, cold compress or chilled wet towels. Hot applications are suitable for pain syndromes where vasodilation is necessary.

SM 1. 4 Sports massage protocols recommend assessment of the clients sport and the tensile load on their systems, especially in cases of musculoskeletal adaptations that are sports specific. There are cases of abnormal loads on a normal anatomy(muscle building) to cases of relative overloads on an abnormal anatomy(endurance training with conditions of muscle strain, DOMS etc) which need to be addressed during sports massage. At all times the client will witness musculoskeletal adaptations and muscle performance during the session. The therapist must be familiar with anatomy and physiology and rules of the techniques to enhance physiological performance.

SM 1. 5 Clients are at different levels of training. Coordination training requires improved balance and fitness. Prevention of injury training requires clients to know methods of relaxation, elasticity and flexibility. For therapists to support prevention training and coordination training they must apply techniques of proprioception and reciprocal inhibition.

SM 1. 6 Sports massage therapists must be fit to perform therapy. This requires them to maintain a basic technical standard where they can be proven to maintain a high level of energy to complete their tasks. They must be free of pain, debilities and mental or emotional stress. They should be able to lunge, stand for several hours or be able to walk around a table. They must maintain a code of ethics and behave responsibly towards the client, workplace and profession. They must dress according to professional industry standards and maintain personal hygiene.

SM 1. 7 Sports and massage are means of improving centralized motor control from the cerebral cortex, the motor reflexes and the motor nerve endings located in the peripheral anatomy. Warning signals of overuse may be detected in sleep patterns, moods, stress threshold, weight gain or loss, etc of the client which are to be noted as factors recommended for further investigation from a sports doctor. The therapist must be conscious of the limits of their own competence and refer a senior expert if necessary. Some symptoms as stress, fatigue, sprains and strains, inflammation or muscle dysfunction are typical in sports massage clients. These may be corrected during the session on the massage table.

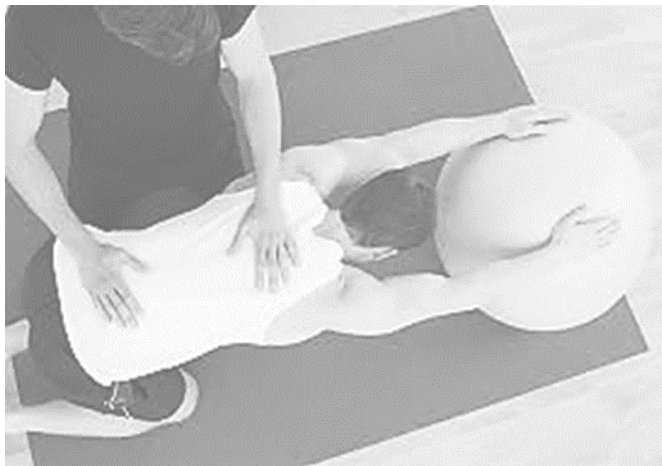
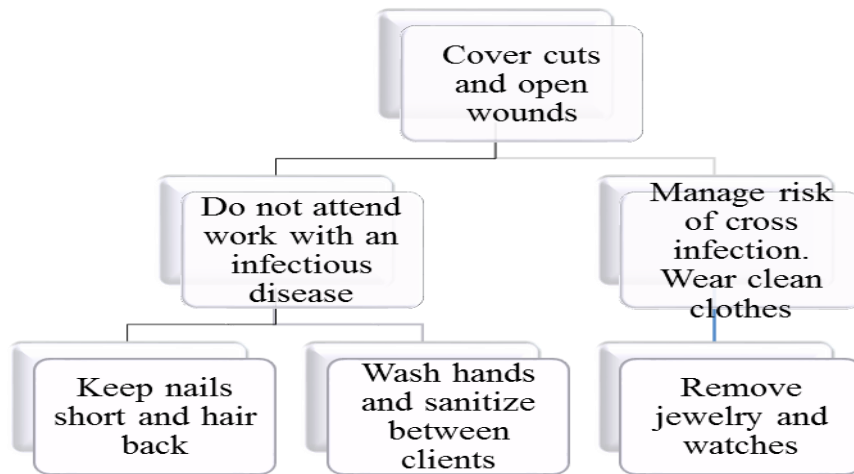
SM 1. 8 Lifestyle, socio-economic and age factors play an important role in the capacity of



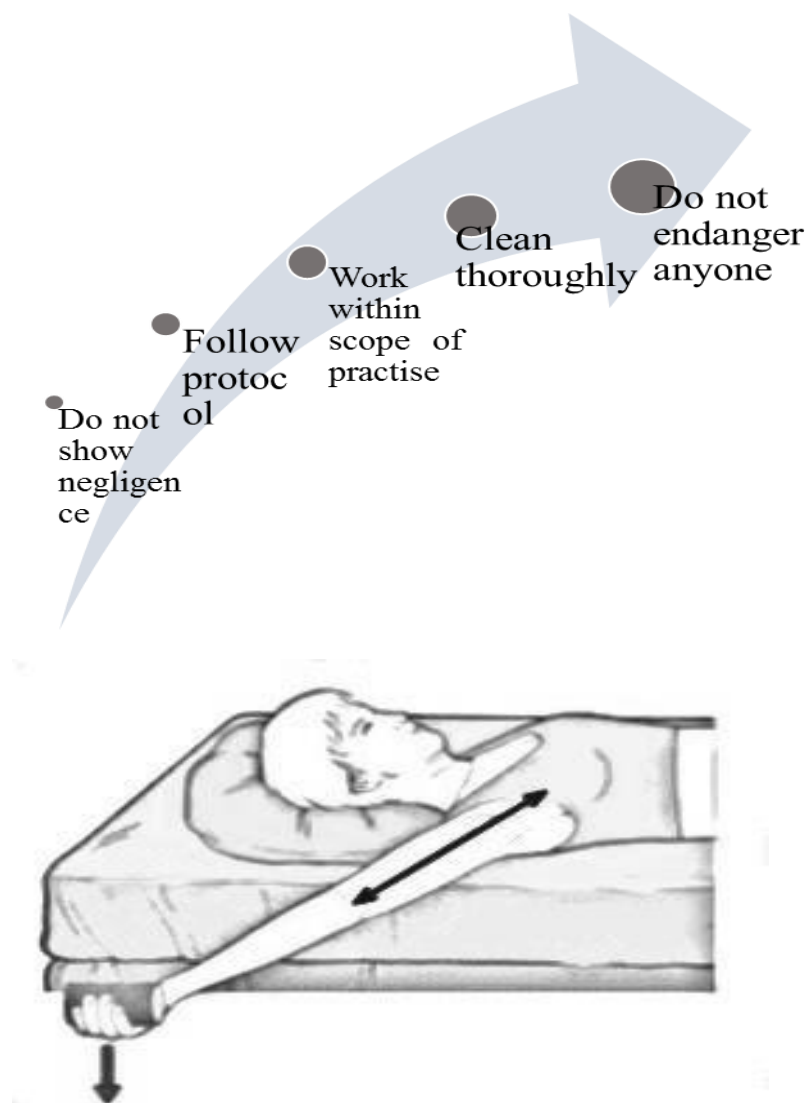
- 1, STRETCH TO THE POINT OF TENSION
2. CONTRACT THE MUSCLE FOR 5 SECONDS
3. RELAX

SPORTS MASSAGE. SKILLS DEVELOPMENT

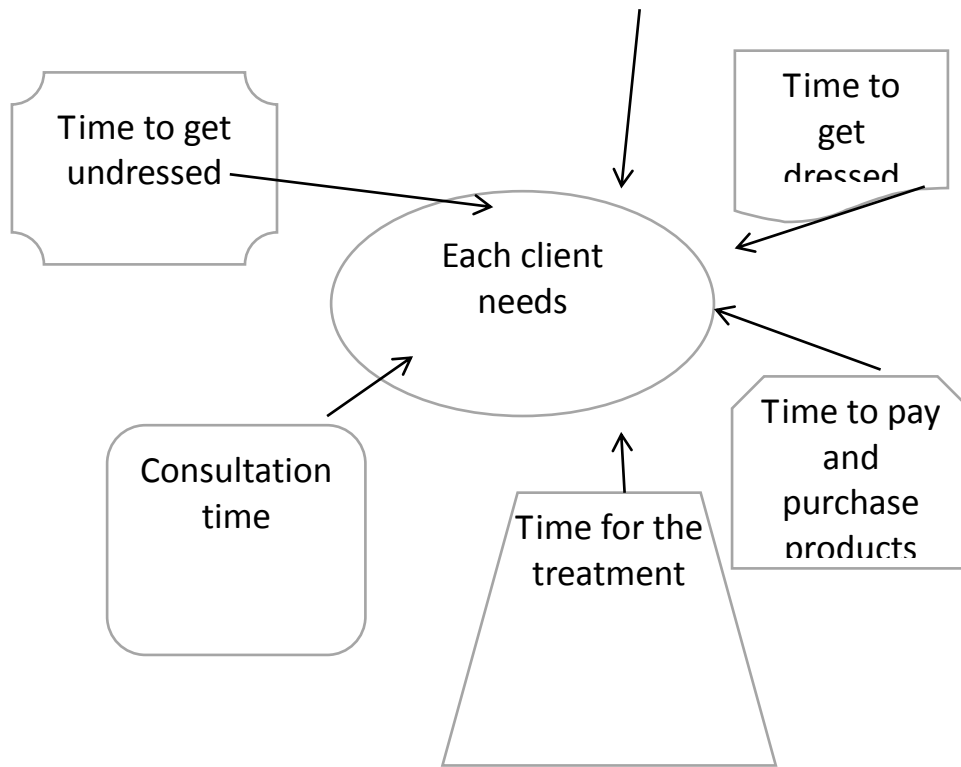
4. STRETCH TO THE POINT OF TENSION AND HOLD FOR 10 SECONDS



**ENSURE THAT YOUR OWN ACTIONS
REDUCE RISKS**



3.4 TIME MANAGEMENT



It is important to manage Time

- within the session, and
- during the day to manage shifts.

Appointments running late cause disturbances to other clients and shifts not managed create bad customer feedback

CHEAT SHEET ON BOUNDARY ISSUES

Respect of boundary issues such as

- Compliance with industry code of ethics
and practice in relation to:

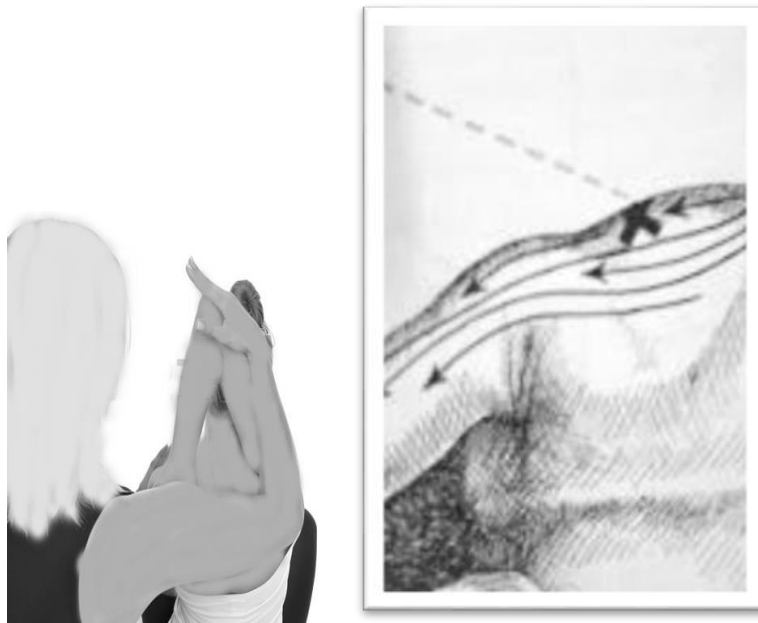
- Informed consent
- Duty of care
- Draping
- Hygiene
- The scope of client / therapist
relationships
- Advertising
- Maintenance of equipment
- Social / Cultural morals
- Equal treatment of all clients
- Psycho-emotional well being of

clients.

SM 7.5 LATTISIMUS DORSI

The therapist stretches the latissimus dorsi by raising the clients arms overhead towards the ears and by applying resistance as the clients is asked to bring their arms down to their sides.

Painful trigger points will be noticed in the low back and around the axilla. Perform soft tissue release with the client lying sideways. The therapist has to stroke from the waist upward towards the insertion on the humerus, while abducting the clients arm overhead.



SM 8.13 RI MET FOR ILIOPSOAS

Intention: To perform RI to reduce the pain and hypertonicity of the muscle by contracting the hip extensors, antagonists of the iliopsoas

Position: Stand in a 45 degree headward direction and place both your hands on the shin and posterior thigh

Action: Have your client resist as you press for 5 seconds. This engages the hip extensors and reciprocally inhibits the iliopsoas, the main hip flexors.



SM 8.14 ISOTONIC MET FOR GLUTEUS MUSCLES

Intention: Hip extension is primarily accomplished by the hamstrings and gluteus, and secondarily by the erector spinae. Weakness may cause extension in the hips and imbalance of

postural alignment. MET can strengthen Glutes and restores balance.



Position: Have your client lie face down on the table and bend one knee at 90 degrees. Place one hand on Gluteus and the other on the back of the thigh.

Action: Instruct the client to lift his or her thigh slowly off the table and hold it for 5 seconds. Repeat 5 times on both sides, ensuring that the muscle contracts well. The client must keep the spine stable during this movement.