



# 60-Minute

## Sports Massage Session



# Performance Message

**JA Banks**



## **Performance Massage:**

Sports Performance Massage Steve Bedford, 2021-09-30 Sports Performance Massage instructs the student and practising therapist to use a combination of experience and scientific evidence to inform their sports massage practice particularly when working with athletic populations Strength and conditioning coaches managers and athletes frequently ask questions about the best use of sports massage in order to recover quicker from injury and fatigue and improve performance Sports Performance Massage empowers the therapist and gives them greater confidence by improving their scientific understanding when working with injured or competitive athletes The exciting new volume covers all the aspects required to make a highly skilled confident and employable sports massage therapist Working with high level athletes requires an additional skill level compared to working with the general public Furthermore advanced massage skills taught in this book such as soft tissue release and trigger point therapy are essential when working on muscular adhesions and injured areas Pregnant athletes those with disabilities contraindications and athletes with special requirements have also been considered Sports Performance Massage is a learning and research aid for those studying vocational sports massage courses as well as those studying other courses where massage forms part of the undergraduate and postgraduate degree such as sports therapy sports rehabilitation osteopathy and physiotherapy Unlike other sports massage books Sports performance Massage has a strong academic focus allowing the graduate therapist to stay up to date with the latest research in their respective field

**Performance Massage** Robert K. King, 1993 Full color photographs illustrate techniques while the text provides theory and practice of therapeutic massage *International Handbook of Massage Therapy (Volume -1)* Dr. Jogiswar Goswami, Dr. Pankaj Pandey, This handbook isn't focused on massage techniques theory or anatomy Instead it's designed to guide practitioners on the entrepreneurial and client experience aspects of massage therapy It covers how to become a successful professional in the field no matter the location by paying attention to the details that truly matter *Massage for Sport Performance* Michael McGillicuddy, 2011 Improve performance increase recovery time and reduce injuries with Massage for Sport Performance

**A Treatise on massage, theoretical and practical** Douglas Graham, 1890 **Athletic Training**, 1991 *Manual Therapeutics, a Treatise on Massage* Douglas Graham, 1902 **Understanding Sports Massage** Patricia J. Benjamin, Scott P. Lamp, 1996 Massage can enhance athletes conditioning and performance reduce injury potential and aid injury rehabilitation Understanding Sports Massage offers comprehensive information on how to use massage in any sports setting and focuses on these topics the theoretical basis for sports massage various applications of massage for athletes restorative event related and maintenance massage and adjunct techniques the effects of each technique tips on giving massage how to plan and give a massage how to set up a sports massage program and contraindications and cautions Understanding Sports Massage will help athletic trainers sports physical therapists massage specialists and other sports medicine professionals ensure the health and enhance the performance of their athletes BOOK

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