

## **Assignment**

- Q1. Give a outlay of plan for a therapeutic massage for calf muscle soreness.
- Q2. Explain the contraindications of massage for a person with forearm fracture.
- Q3. How do you arrange the contact materials for post competitive massage.
- Q4. How do you plan an ice massage for a person with acute injury.
- Q5. Hou can you plan a post travel massage prior to activity.