



FAQs

Q1. Describe the basic rule of sport massage.

Ans: Basic rules of sport massage

- 1) Diagnosis
- 2) History
- 3) Contra-indications
- 4) Aim of treatment
- 5) Position
- 6) Materials
- 7) Skin preparation
- 8) Joint position
- 9) Technique
- 10) Check
- 11) Clean up
- 12) Warn Participants

Q2. What are classifications of massage manipulations in sport?

Ans: The massage manipulation in sports massage are:

- 1) Specific sports massage
- 2) Non-specific sports massage
- 3) Acupressure
- 4) Ice massage

Q3. What are classifications of specific sports massage?

Ans: The classifications of specific sports massages are:

- i) Massage in conditioning
- ii) Massage as treatment
- iii) Pre-competition massage
- iv) Inter-competition massage
- v) Post-competition massage
- vi) Post travel massage

Q4. Describe the objectives of sports massage in conditioning.

Ans: The objectives of sports massage in conditioning are:

- a) to prevent delayed onset muscle soreness (DOMS).
- b) to aid cool down.
- c) to promote recovery from hard training session.
- d) to give a psychological effect.

Q5. Describe the objectives of massage as treatment in sports injury.

Ans: The objectives of massage as treatment in sports injury are:

- a) to improve the range of movement.
- b) to promote recovery from injury.
- c) to break down Adhesion.
- d) to promote flexibility.
- e) to stimulate circulation.

Q6. Describe the objectives of massage in pre-competitive sports.

Ans: The objectives of massage in pre-competitive sports are:

- a) to aid warm up effects
- b) to prepare muscle for exertion
- c) to give a psychological effect

Q7. Describe the common problem found in post travel sports person.

Ans: The common problem found in post travel sports person are:

- a) general feeling of stiffness.
- b) feeling of lassitude.
- c) aches, especially in the lower back, neck and shoulders.
- d) swelling of lower leg and feet.

Q8. Classify the non specific sports massage.

Ans: Non-specific sports massage can be divided into two applications:

- i) General body massage
- ii) Specific area of massage

Q9. Describe the method of application of ice massage in sports injury.

Ans: The method of application of ice massage is to use a polystyrene cup which has been filled with water and then frozen. Cut a 1.25 cm ring from the top edge of the cup and then massage the injured area with the ice until an erythema is achieved. If dealing with tedious or small area an ice cube held in a tissue is best.

Q10. Describe the method of application of acupressure in sports injuries.

Ans: In sports massage acupressure tends to be to specific trigger points. These points are identified as tense, sometimes hard, and always producing pain in the muscles/connective tissue. Once the point to be treated has been identified, the finger or thumb is used to apply pressure to that specific point