



Summary

Massage has been used in sports from the immemorial. Athletes had resorted to massage since the days of the Olympic Games, and the ancient athletes developed a special tool.

Basic rules of sport massage

Before starting on any description of sport massage the basic rules of such a regime must be addressed to diagnosis, history, contra-indications, aim of treatment, positions, materials, skin preparation, joint positions, techniques, checks, clean ups and warning participants.

Massage manipulation in sports massage

Sports massage can be divided into:

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

Sports massages are sport specific and the therapist involved must know and understand the principle of sports. The rule and call up time of the sports must be understood. Choosing of the best technique to deliver the desire effect and using them is of great importance.