Unrivalled work ethic. Unbelievable enthusiasm. Real world teaching.

Welcome to Pro Performance Training Ltd.

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VTCT Combined Level 3 Diploma in Sports Massage Therapy
2022

Toweling Techniques

- There are a range of techniques that are used in Sports massage to provide dignity and comfort.

- To maximise the effectiveness of your applications, key considerations for applying towelling techniques include:
    - *Privacy*
    - *Warmth*
    - *Expose only the area you are working on*
    - *Accessibility*
    - *Use of support*



Why do we ‘massage’?

- ✓ Prevent injury
- ✓ Maintenance
- ✓ Performance
- ✓ Flexibility
- ✓ Facilitate healing process



Basic Principles and Introductory Techniques

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Client position and alternating position for different muscle groups

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Prone Lying

- ✓ Scapula lift – hand in back – work around scapula muscles
- ✓ Triceps – 90 degrees abduction
- ✓ Hamstrings/Gastrocnemius/soleus – knee in flexion

Side Lying

- ✓ ITB – knee/hip in flexion
- ✓ QL
- ✓ Glutes
- ✓ Latissimus Dorsi
- ✓ Adductors – knee/hip in flexion - work inside leg
- ✓ Medial Gastrocnemius/Soleus - knee/hip in flexion – work inside leg
- ✓ Lateral Gastrocnemius/Peroneal/Soleus – knee/hip in flexion – work outside leg

Supine Lying

- ✓ Adductors – knee/hip in flexion – work inside leg – use knee to support
- ✓ Quads – crook lying
- ✓ Hamstrings
- ✓ Gastrocnemius/Soleus – Crook lying
- ✓ Cervical spine musculature
- ✓ Pectorals
- ✓ Arms – forearms/hands/bicep/deltoid/triceps

Sitting

- ✓ Neck / shoulders – patient seated
- ✓ Quads – long sitting/sitting off end of couch
- ✓ Gastrocnemius/Soleus – sitting off end of couch

Effleurage

Application:

Rhythmical, stroking technique, can be applied slow or fast to sedate or stimulate the tissues.

Effleurage can be altered by pressure and direction:

- *Superficial*
- *Deep*
- *Longitudinal*
- *Transverse*

Effects:

- ✓ Spread the massage medium
- ✓ Initial warmth / comfort
- ✓ Feel the tissues
- ✓ Removal of chemical irritants
- ✓ Assist the healing process
- ✓ Promotes venous return and lymphatic return by;
  - ➢ *Increasing local circulation*
  - ➢ *Increasing tissue temperature*
  - ➢ *Aiding fluid interchange*
- ✓ Identifies areas of tightness
- ✓ Loosen adhered fibres
- ✓ Increases mobility of tissues
- ✓ Passively stretches the tissues

Petrissage

Application:

Both hands working together in a smooth rhythmical way to sedate or stimulate to vertically lift the muscle

Techniques include:

- *Wringing*
- *Picking up*
- *Kneading*
- *Squeezing*

Effects:

- ✓ Removal of chemical irritants
- ✓ Assist the healing process
- ✓ Prevent Delayed Onset Muscle Soreness (DOMS)
- ✓ Promotes venous return and lymphatic return by;
  - ➢ *Increasing local circulation*
  - ➢ *Increasing tissue temperature*
  - ➢ *Aiding fluid interchange*
  - ➢ *Increasing tissue absorption*

- ✓ Identifies areas of tightness
- ✓ Loosen/breakdown/soften adhesions
- ✓ Increases mobility of tissues
- ✓ Passively stretches the tissues
- ✓ Reduces muscle tone

Tapotement

Application:

Rapid percussion action to produce a stimulating effect through the application of alternating hand movement striking the skin.

All techniques require the wrists to be relaxed.

Techniques include:

- *Cupping*
- *Hacking*
- *Beating*
- *Pounding*

Effects:

- ✓ Increasing tissue temperature
- ✓ Increases blood supply
- ✓ Increases muscle tone by producing a reflex action
- ✓ Stimulates ‘fight or flight’

Additional Techniques

Compressions:

- Allows assessment of region and gradually mobility and stretch of underlying tissue
- Good in sitting or over clothes
- Generally on large areas, using palm of hand in a rhythmical manner
- Compression from whole body not just arms
- Avoid precautionary sites
- Avoid too much pressure

Vibrations:

- Fine gentle trembling movement of the tissue which is performed by your hand or fingers
- Allows stimulation to the nervous system and the muscles
- Avoid performing these techniques in areas of inflammation
- Avoid too much pressure

Massage Application

Patient position
Supine/Prone/Side-lying/Sitting

Therapist - Working Posture
- ✓ Base of support
- ✓ Stance
  - ✓ Parallel
  - ✓ Lunge

Distal to proximal
- ✓ More pressure applied with upward strokes (towards heart) when treating a limb (arms / legs) and lighter pressure on the return

- ✓ Relaxed hands
- ✓ Linking strokes
- ✓ Hands stay in contact with skin at ALL times



Preparation for Massage



Subjective Assessment

Objective Assessment

Observation Assessment – Ask patient to remove **RELEVANT** clothing – Underwear should be kept on at all times!

- ✓ Ask patient if they would prefer you to leave
- ✓ Carry out in a professional and ethical manner – avoid embarrassment and misinterpretation
- ✓ If patient has no shorts or is uncomfortable, the patient can be handed a towel to cover the body

Superficial Touch

- ✓ Check temperature / texture – changes in skin
- ✓ Use back of hand

Palpation

- ✓ Assess soft tissues – muscles, tendons, ligaments
- ✓ Compare other side

Clinical note taking – Why?

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Medical Records / Note Taking

Medical records must be kept regarding the patient, (in the clinic) and non-medical records must be kept regarding the financial aspects (in the office).

Therapists are required to record their activities:

- For personal use, especially for personal protection in case of litigation.
- For legal requirements.
- For statistical record.
- For educational purpose.
- For insurance purposes.
- For professional requirements.
- For ethical requirements.
- For research purposes.
- As information for further planning, treatment, rehabilitation and training.
- To assist others taking over treatment.
- To critically assess safety and effectiveness.

Medical Records / Note Taking

Medical record and documents need to be kept in order to note:

- Personal data.
- Medical history.
- Primary complaint.
- Secondary complaint.
- E&A details and decisions.
- Treatment and information given. *Don't just put treatment 'as before'.*

Medical Records / Note Taking

Medical records must posses:

- Subjective information.
- Objective information.
- Routines, procedures and goal orientated outcomes.
- No judgements of a personal nature.
- Positive and negative findings.
- Confidentiality.
- Clear & comprehensive information.
- Accurate information.
- Satisfy legal requirements.
- Show goals of treatment/rehabilitation and progress leading to *goal orientated discharge.*

Medical Records / Note Taking

Medical records must:

- Include a full case history.
- Be clear, accurate, legible complete, written up in black ink or typed, within 24 hours, dated and initialled.
- Final entries should be followed by a long black line.
- Sign every entry made into medical record
- Use legal name, no nicknames
- Student signature should always be followed by the Supervising Therapist signature
- All procedures, findings, treatment, rehabilitation and prognosis should be recorded. Even negative results.
- All attendances / DNA recorded.
- All advice given and comments made should be noted and dated.

Medical Records / Note Taking

Medical records must:

- *Correction tape or fluid should not be used. Instead put a line through any error with initials and date next to it (If hand-written).*
- Be securely stored in accordance with existing policies and legislation.
- If stored on a computer, the data must be registered under current GDPR guidelines.
- A key locked storage system is advised for written records.

Retaining Medical Records

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- Maternity records: 25 years.
- Records relating to children and young must be kept until their 25th birthday or 26th if an entry was made when the young person was 17; or 10 years after death of a patient if sooner.
- Mental Health records: 20 years after no further treatment is considered necessary; or 10 years after a patient's death if sooner.
- Records relating to those serving in HM Armed Forces: Not to be destroyed.
- Records relating to those serving a prison sentence: Not to be destroyed.
- All other personal health records: 10 years after conclusion of treatment, the patient's death or after the patient has permanently left the country.

Medical Records

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Brevity

- Information should be stated concisely
- Short and to the point
- Abbreviations can help
- Consistent throughout documentation

Clarity

- Meaning should be immediately clear to reader
- Avoid vague terminology
- Handwriting should be legible
- Use accepted abbreviations

Disclosure & Permit Disclosure

- A person can sue for negligence virtually without any limit of time.
- The records can only be released with the patient's permission although the patient has not got an automatic right to see the notes if you think it may be detrimental for them to see them.
- Ownership of information is a tricky issue with various agencies having claim to them i.e. Courts, lawyers.

Circumstances, which permit disclosure, are:

- Patient consent.
- In the patient's interest or if it is impossible to obtain consent.
- The law requires i.e. certain diseases.