

Sports Massage

Sports massage is a specialised form of deep tissue massage. It is useful for the management of specific muscle problems in both sport and occupational settings.

This course will consider how soft tissue structures in the body may cause pain and how deep tissue massage techniques may effectively reduce the pain and tightness in soft tissues.

Throughout the course we will also consider how to manage basic injuries and deal with biomechanical imbalances using techniques such as myofascial release and trigger point therapy.

Students completing the Sports massage certificate can provide their clients with the benefits of deep tissue massage as an ideal complement to their sport or conditioning program. This course is ideal for therapists wishing to work with physiotherapists, osteopaths, chiropractors or sports teams even up to elite levels.



OVERVIEW	A hands-on course of 10 x 3.5 hour lectures
CERTIFICATE	A certificate of completion will be awarded upon meeting attendance requirements and successful completion of theory and practical assessments
COST	\$675 including work manual
PRE-REQUISITES	Completion of the Swedish, Remedial and Anatomy & Physiology (Cycle A)*, as well as the completion of a minimum of 5 student clinics. *A&P Cycle A is offered in alternate terms. Please contact administration for more details.

TERM DATES

Please see timetable for class dates and times

Book into this course by completing an enrolment form, or ask a staff member for more details about this course

COURSE OVERVIEW

A comprehensive 10 lecture course which provides the massage therapist with basic skills and the confidence to assess, treat and manage a variety of common sporting injuries. Therapists wishing to work with sports teams, physiotherapists, osteopaths or chiropractors will find this course very useful.

COURSE CONTENT

- Introduction to injury assessment / muscle testing and postural assessment
- specific muscle identification
- mechanisms of sporting injuries
- deep tissue massage techniques
 - : myofascial releases
 - : trigger point therapy
 - : frictions
- rehabilitation exercises – stretching and strengthening
- acute versus chronic musculoskeletal pain

The course will be structured to cover a different area of the body each week. Each lecture will include an anatomy review, common sporting injuries, assessment techniques, specific massage techniques and an introduction to exercise rehabilitation.

Emphasis in this course will be on identifying specific muscles, rather than general muscle groups. Massage techniques will also be taught to encourage you to identify and feel the area of pain, injury and/or restriction more precisely.

SPECIAL PRE-REQUISITES

Successful completion of both the Swedish Massage and Remedial Massage modules, as well as five (5) Student Clinics prior to commencement of this course. As this course is anatomy based, it is important that students have successfully completed Cycle A of Anatomy & Physiology at this school (or have approved exemptions) prior to enrolment.

COURSE OUTLINE

Lecture 1	Introduction to Sports Massage
Lecture 2	Specific Soft Tissue Injuries and Surface anatomy
Lecture 3	Posture: its effect on soft tissues and massage treatment planning
Lecture 4	Neck Strain
Lecture 5	Shoulder and Elbow Injuries
Lecture 6	Lower Back Strain and Sacroiliac Joint Injury
Lecture 7	Hip, Groin and Adductor Strain
Lecture 8	Hamstring and Quadriceps Strain
Lecture 9	Revision
Lecture 10	Theory Exam and Practical Exam

COURSE TEACHERS

Penny Elliott - *Physiotherapist*

M.H.Sc. (Orthopaedic Manipulative Therapy) B. App.Sc (Phy) MAPA

Penny is senior associate of the Physiotherapy Posture and Fitness Clinic and combines her clinical work with lecturing and taking classes.

With a personal background in dance, Penny's interest has evolved in movement analysis and postural assessment. She uses this expertise in designing individual exercise programs, regardless of your fitness level.

Penny has worked with a variety of sports people at Sydney University's Sports Clinic including the Sydney University Rugby team, Olympic level rowers, runners and triathletes. She continues to conduct her ever popular postural fitness class at the university.

Penny's other areas of interest include lower limb analysis and biomechanical assessment, which has arisen from her work making orthotics with a well known Sydney podiatry group.

As well, teaching posture at the University of Sydney's School of Dentistry has sparked her interest in treating TMJ (temporomandibular disorders), or jaw pain.

Penny's hands on and exercise based approach to treatment means that patients can really understand their problem and take an active part in managing their own health and fitness.

When not in clinic, Penny will be found in all manner of activities to keep fit as well as being a busy mum.

Kathryn Cowen - *Physiotherapist*

B.App.Sc.(Phy) MAPA

Kathryn Cowen has a wholistic approach to her practice, combining acupuncture, massage, posture assessment, yoga and Pilates.

Her overall aim is to support, encourage, educate and motivate her patients to gain and then maintain a healthy body. It is a 'hands-on' active and exercise based approach to musculoskeletal injury treatment and rehabilitation.

In the past Kathryn has worked as a personal trainer, yoga teacher, sports massage therapist and strapper for West Harbour Rugby Union club. For many years she has also taught group exercise sessions involving yoga and Pilates.

Kathryn has taught Sports Massage at the NSW School of Massage since 2004 and also assists in teaching continuing education courses to her physiotherapy peers.

Women's health and pregnancy are of a current interest with the birth of her two daughters. Kathryn is also an avid painter, completing a Bachelor of Fine Art (Hons) in 2007.

Artie Sanchez – *Massage Therapist & Fitness Professional*

Artie commenced his studies at the NSW School of Massage in 2000. Since then, he has worked in the massage industry in many capacities.

In this time, Artie has gained experience working with chiropractors and physiotherapists, as well as well known sporting teams, allowing him to develop an advanced level of skill as a massage therapist. His own massage business has continued to flourish since its commencement in 2004.

Artie started his teaching career with the school in 2007 when he was the original trainer and manager of the ACSF (Australian College of Sport & Fitness), and has since continued teaching both fitness and massage qualifications.