Sports Massage
Is It Right for You?
Survey of Massage Modalities and Uses for Swimmers
Kathy Flippin, Dynamic Touch Massage Therapy

Your Presenter, Kathy Flippin

- Sports Massage Therapist since 1997
- USA Swimming Sports Medicine and Science participant since 2001
- Member of Sports Med team for USA Swimming at 2012 London Olympics, and Rio 2016
- Other sports event experience:
  - Pan American Games USOC Sports Med Team
  - ParaCycling World Championships Track & Road
  - CrossFit World Games

kflippin@dynamictouchmassage.com
DISCLAIMER

USA Swimming does not provide medical advice, professional diagnosis, opinion, treatment, or services to any member or other individual.

This general information is for educational purposes only and not intended to be a substitute for medical or professional care. The research and opinions are those of the individual authors, not USA Swimming.

TAKE-AWAY LIST:

- See 3 main uses of Sports Massage:
  - Compliment Training Regimen through improving Recovery
  - Prepare for events
  - Prevent and/or Manage Injuries and Overuse

- Overview of various Massage Modalities

Obstacles:
- Time and Budget
- Finding Qualified Practitioners
- Age-Appropriate Use
BASIC INFORMATION:

- Sports Massage is varied:
  - Reduce Workout Soreness (Recovery)
  - Prepare for events (Pre/Post/Between)
  - Prevent and/or Manage Injuries and Overuse

EDUCATING SWIMMERS AND PARENTS
HERE’S WHAT TO SAY:

- You can’t wash your car so well you will never have to wash it again!
- Take care of the body and give it frequent tune-ups to run optimally
TRUE OR FALSE?

Lactic Acid is the main cause of Muscle Soreness ??

OLD SCIENCE ON DOMS

- Myth: Lactic Acid Causes DOMS
  - Lactic Acid is produced from Glucose metabolism, and is burned for energy at >50% of max capacity
  - Causes acute burn during activity
  - Interferes with muscle/nerve signals, impairs muscle contraction
  - Clears within 20-120 minutes after end of activity
CURRENT SCIENCE ON DOMS

- Connections between Sarcomeres get torn (Z-Disk Streaming) resulting in inflammation

<table>
<thead>
<tr>
<th>Exercised</th>
<th>Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle Damage W/Exercise</td>
<td></td>
</tr>
</tbody>
</table>

REDUCING DOMS ON A BUDGET

- DOMS is a result of
  - Hard Workout
  - Race Effort

- Warm-Down exercise & Stretch
  - ALWAYS do a 15-20 minute warm down after hard efforts and races

- Healthy Eating Habits & recovery drinks/bars

- Recovery Massage (aka Post-Event Massage)
HEN TO USE SPORTS MASSAGE

The Sooner the Better!
- Recovery Massage must be administered within 24 hours of maximum effort in order to be effective at reducing DOMS.
- Can be 5 minutes to 90 minutes in length.

DURING TRAINING
POST-WORKOUT MASSAGE

Reduces Recovery Time
Better Training Time
Improved Performance
QUOTABLE RESEARCH

- Recovery “Massage has been shown to reduce effects of inflammation response to exercise”

Reference:
“Massage therapy, the Tool of Choice for Treating Post-Exercise Inflammation”
Ewa Basiukiewicz Karolina Guzik-Miszczyn
http://www.ccmts.ca/docs/Runnerupc.pdf

- What does that mean for your swimmers?

ALSO...
RESEARCH SHOWS INDIVIDUAL RESULTS VARY
WHEN TO USE SPORTS MASSAGE

- Pre/Post event care at big meets
  Especially if Swimming Multiple Events

PRE-BETWEEN EVENT MASSAGE PROTOCOL

- Brisk and firm
  - Think of moving blood
- Stay Under 15 minutes duration don’t disrupt Sympathetic Nervous System which could reduce response times
  - Keep it around 5-10 minutes between events to stay sharp
- Common Massage Strokes
  - Compressive Effleurage- fast firm strokes along length of limb
  - Kneading- Shaking- Tapping
- No oil, can be done over clothing
DURING MEETS BETWEEN AND BEFORE EVENTS

Faster Muscle Recovery

Better Response Time

Improved Performance

POST EVENT MASSAGE PROTOCOL

- **Brisk and firm** –
  - focus on moving old blood out

- **15 minutes or more duration** Allows Parasympathetic Nervous System response which may aid sleep

- **Common Massage Strokes**
  - Compressive Effleurage- long flowing strokes along length of limb
  - Kneading- Petrissage

- No oil necessary, can be done over clothing
ATHLETE PROTECTION

- USA Swimming protocol from Handbook
  - “Any rubdown or massage performed on an athlete by any adult member or Participating Non-Member, excluding the spouse, parent, guardian, sibling, or personal assistant of such athlete, is prohibited unless such adult is a licensed massage therapist or other certified professional. Any rubdown or massage performed at a swim venue by a licensed professional must be conducted in open/public locations and must never be done with only the athlete and licensed massage therapist in the room. Even if a coach is a licensed massage therapist, the coach shall not perform a rubdown or massage of an athlete under any circumstances.” 305.2

RECOVERY TOOLS FOR KIDS

- Knead your own muscles!
- Elevate after warm down
- Use massage tools
YOUR BODY IS LIKE A CAR!

- Big muscles are like the Engine
  they need to warm up, and they generate big power
- Small Muscles are the Steering and Brakes,
  they control the power
- You must be able to control the power
  you generate, or you’re in trouble!

KIDS AND PAIN- ASSESSMENT TOOLS

- Use “traffic light” to communicate
- We’ve all experienced soreness after exercise, clinically
  acute strains are very similar.
- OK/NOT OK How do we tell the difference?
  o Higher Intensity of pain
  o Pain doesn’t resolve with Rest
  o Gets worse with activity
  o Over a week without improvement
  o Interrupts Sleep
  o Can’t concentrate at school
  o Orthopedic testing for impingement signs
OVERVIEW OF MASSAGE MODALITIES

- Myofascial Release - Generic Term
- Acupressure/Acupuncture/TCM
- Cupping
- Trigger Point
- Active Release Technique (ART)
- Graston (Scraping)

MASSAGE CUPPING

![Image of massage cupping technique]
GRASTON- BREAKING UP ADHESIONS

Used for “Soft Tissue Fibrosis and Chronic Inflammation.”

DEEP TISSUE MASSAGE CAN HELP CORRECT POSTURE AND SHOULDER FUNCTION
ACTIVE RELEASE TECHNIQUE

Used for “Abnormal” or “Scar Tissue” to open up “restricted ranges of motion” or “trapped nerves”

CAUSES OF PAIN:
TRIGGER POINTS

Painful, irritated muscle knots

Respond very well to massage
WEBINAR SURVEY:

Tell us: How does your Team use Self-Care tools as part of a regular routine?
Use one or two words to describe

Examples:
  - Tennis Balls
  - The Stick
  - Tiger Tail
  - Foam Roller
  - Etc.

SPORTS MASSAGE- FREE ACCESS

Self-Care
  - 30 seconds maximum of pressure in one spot. More than that creates more irritation.
SUMMARY:
WHEN TO USE SPORTS MASSAGE

• Manage Injuries
  - Reduce inflammation from overtraining issues - PARTNERSHIP WITH COACH
  - Resolve underlying postural issues that perpetuate injuries
  - Improve flexibility, pliability required for proper stroke technique

WHICH MODALITY IS BEST?

Simply the Best
WHEN TO USE SPORTS MASSAGE

Additional Benefits:
- Kinesthetic Awareness
  - Athlete learns to ready body signals.
  - Massage therapist’s input can help athlete and coach develop custom plans for racing and training to optimize performance.

Improve Morale
- Feeling of preparedness
- Congratulate or Console for performance
MASSAGE RULE #1

“Deep Tissue’’ massage should *NEVER* hurt, especially for kids!

WHEN NOT TO USE SPORTS MASSAGE

Massage should not Hurt.

No Deep Tissue within 48 hours before a big race. It should be moderate pressure only and relieve soreness, not increase it.

Don’t experiment before a big event.

Massages between events should be short and brisk, not long and relaxing
IDEAS FOR COACHES AND FAMILIES

- Ways to work with a local therapist:
  - *Therapist can Teach self-care routines*
  - Lead dry-land session self-care for team
  - Workshops to teach parents how to massage their kids
  - Volunteer massages at the pool
  - Offer discounts for club members
  - Travel with team for big meets

FIND A MASSAGE THERAPIST

Recommended Qualifications:
- **Certification** (1,000 hours, sports-specific education)
- Experience (minimum 3 years)
- Licensure (City or State)
- LiveScan Background Check
- Age-Group Experience
- Other facility requirements- Insurance
FIND A LOCAL MASSAGE THERAPIST

- Ask USA Swimming!
  Point of contact
  Stacy Michael-Miller 719-866-4962
  smichael@usaswimming.org

- Stacy can refer an individual who has worked with Swimming and is located in the athlete’s time zone. However, the athlete and his/her parents are responsible for checking and investigating qualifications. USAS does not make any representations or warranties regarding qualifications.

FIND A LOCAL MASSAGE THERAPIST

American massage Therapy Association
www.AMTA-massage.org
Check all qualifications
SPORTS MASSAGE
PART OF A SWIMMER’S TOOLBOX

Reducing Recovery Time
Better Training Time
Improved Performance
And longevity in sports

CONTACT INFORMATION

Kathy Flippin, CMT
Orange County, CA
714-345-7188
kflippin@dynamictouchmassage.com