

# BIOTONE®

## Sports Thai Massage

Help to prepare and rehabilitate your more active client's bodies for optimal performance with a sequence of pre-event and post-event Sports massage focusing on specific areas: Foot and Lower Leg treatment, Hips and Pelvis, Spine, ribcage, posterior shoulders, and Anterior shoulders and Neck.



## Ingredients

- Dual-Purpose Massage Creme..... 1/4 oz – 1/2 oz\*

### Pre-Event Sports Massage (easy, light, toning, flushing)

#### Supine - Legs

1. Quick palm-press and roll both legs/flushout
2. Foot and ankle joints quick stretch
3. Knee and hip joints easy stretches
4. Finger-rake and jostle calves
5. Hamstring quick stretch
6. Thumb-pluck Hamstrings (not deep)
7. Hand-roll thighs/Quads
8. Hand-roll adductors
9. Shake and bounce the leg

#### Supine - Arms

1. Arm stretch and shake
2. Palm-press Pectoralis and Deltoids
3. Arm circles
4. Latissimus stretches with quick palm-press down the side
5. Grasp and shake Traps and Delts

#### Prone – Legs

1. Grasp down legs quickly/flushout
2. Fist-roll Glutes
3. Ankle shake
4. Squeeze calves between thumbs and fingers
5. Knee flexion
6. Hip rotation
7. Hand-roll the leg from the side
8. Leg pull and bounce

*\*Amount used and cost per treatment may vary depending on the total amount of product used on the client and the length of the session.*

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## Prone – Back

1. Palm-circle entire back
2. Grasp over Traps and palm-press into Rhomboids
3. Jostle the shoulder
4. Hand-roll or palm-pulse up/down the Erectors
5. Roll the arm off the table/Hand-roll Triceps
6. Stretch the arm alongside the ear
7. Grasp down the side (Lats)

## REPEAT ON OTHER SIDE

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## Post-Event Sports Massage (slow, deep, tissue-specific treatments)

### Examples:

Plantar Fasciitis

Ankle ligament injuries

Runner's Knee or ITB Syndrome

Hamstrings Strain

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Pectoralis strain or chronic tension

Biceps and Anterior Deltoid strains

Subscapularis strains

Supraspinatus strains

Infraspinatus and Teres strains

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Lower back tension/pain

Piriformis Syndrome

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Neck tension (treating SCM, Splenius, Scalenes)

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