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.

Session Time: 60 - 90 minutes
Recommended Price: $60 - $100
Cost Per Treatment: $.12 - $.25

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.
Prone – Back
1. Palm-circle entire back
2. Grasp over Traps and palm-press into Rhomboïds
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

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

Examples:
Plantar Fasciitis
Ankle ligament injuries
Runner’s Knee or ITB Syndrome
Hamstrings Strain

Pectoralis strain or chronic tension
Biceps and Anterior Deltoid strains
Subscapularis strains
Supraspinatus strains
Infraspinatus and Teres strains

Lower back tension/pain
Piriformis Syndrome

Neck tension (treating SCM, Splenius, Scalenes)

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