I. Introduction to Sports Massage

A. Benefits of Sports Massage

B. Proper Biomechanics

C. Types of Massage Strokes and Benefits of Each

1. Effleurage

2. Petrissage

3. Compression

4. Friction

5. Rocking

6. Spreading
D. Sports Massage: Pre-Event (Warm-up)

1. Benefits of pre-event massage

2. Protocol: Demonstration and Hands on

II. Massage Techniques for Rehabilitation Programs

A. Postural Evaluations

B. Hamstring Strains

C. Discussion/Additional Medical Issues Addressed