

STRATEGY MAP

TRAINING FOR AN ATHLETIC EVENT USING MASSAGE THERAPY



PHASE

1. CHRONIC

REASON/FUNCTION

- CORRECTIVE
- LENGTHEN SHORTENED MUSCLES
- BALANCE PELVIS
- PREPARATION FOR TRAINING
- DECREASE CHRONIC PAIN AND TIGHTNESS

TIMEFRAME

- DEPENDS ON HOW CHRONIC THE CONDITION IS
- MAY RUN FROM 4 WEEKS TO 8+ WEEKS

NOTES:

- USUALLY THE MOST PAINFUL PORTION OF USING TREATMENT
- FOR OPTIMUM RESULTS, USE 1 TREATMENT, ONCE A WEEK.

2. TRAINING

- PREVENT INJURIES DURING TRAINING
- IMPROVE RANGE OF MOTION AND FLEXIBILITY
- MAINTAIN TRAINING INTENSITY

- WILL DEPEND ON EXPERIENCE AND CURRENT CONDITION
- 6 TO 12 WEEKS

- A BIG LIMITING FACTOR TO TRAINING IS PAIN AND TIGHTNESS

3. TAPER

- REST FROM INTENSIVE TRAINING BEFORE EVENT
- USE MASSAGE TO MAINTAIN FLEXIBILITY AND MANAGE PAIN BEFORE EVENT

- 1-2 WEEKS DEPENDING ON COACHES TRAINING DIRECTIVE

- IMPORTANT TO HAVE A COACH OR TEAM THAT CAN HELP WITH DESIGNING A TRAINING PROGRAM