

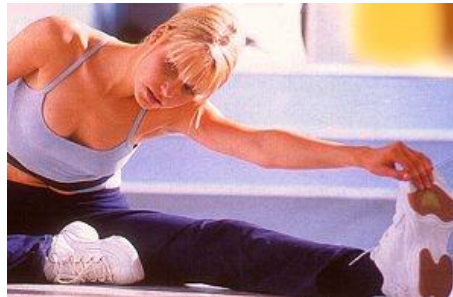


# SPORTS MEDICINE 15

‘CARE, PREVENTION AND REHABILITATION’

## UNIT III PERFORMANCE ENHANCEMENT

### USING THERAPEUTIC MODALITIES *THERMOTHERAPY* *SPORTS MASSAGE*



c. W.P.Wagner High School, Sports Medicine, A. Morgan, 2003

*Using Therapeutic Modalities class notes: -*

What is **Thermotherapy**?

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**Heat** is an energy form that **increases molecular activity** by \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

What does the body's response to the *application of heat* depend upon?

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What occurs as the result of applying *too much heat*?

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→ List the therapeutic effects of **Thermotherapy**:

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— In this case, therapeutic means the “improvement in the condition of ...healing”

What happens to the properties of **connective tissue** (such as ligaments and tendons) when heat is applied?

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What is **ischemia**? *What condition* can occur as the result of **ischemia**? How can it be relieved?

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Fill in the chart below:

**Special considerations in the use of superficial heat (Arnheim)**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



*Two situations where heat could do further damage to the athlete – loss of sensation, and acute inflammation*

Even though using **moist heat therapies** are popular amongst Athletic Trainers, a trainer must proceed with caution. Why?

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## Sports Massage:

What is the definition of **massage**?

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Massage is separated into **five** categories:

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What are the **mechanical responses** to massage?

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What are the **physiological responses** to massage?

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What are the **psychological responses** to massage?

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Massage strokes:

What is **effleurage**?

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What is **petrissage**?

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What is **friction massage**?

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Which *parts of the body* is friction massage used upon?

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What three actions are under the umbrella of **tapotement**?

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Why is **vibration massage** used?

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**Deep Transverse Friction or Cyriax Massage** specifically treats:

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How is this type of massage different than the regular massage techniques?

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**List below the guidelines for effective massage:**

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_