

**TOOLS OF ASSESSMENT & TREATMENT
PRE AND POST-EVENT SPORTS MASSAGE – SESSION REPORT #4**

STUDENT'S NAME _____ DATE _____

PRE-EVENT

Fill out the form below to document your experience performing a pre-event massage designed for a specific sporting event. The pre-event massage should last about 15 to 20 minutes and include BMT, Passive Range of Motion and a tense and relax technique. Your partner(s) can role-play that they are a specific type of athlete. You may find that role-playing isn't necessary as your partner may already participate in sporting activities.

ATHLETE'S NAME _____ **EVENT** _____

1. This massage will focus on what area(s) of the body?

2. Briefly describe the order of your strokes, listing any areas of special attention (such as injury, limited ROM, pain, etc.)

3. BMT and ROM techniques used:

4. Student observations and discoveries:

5. Athlete's feedback:

POST-EVENT

Perform a fifteen minute (minimum) post-event sports massage sequence. Your partner can role-play a specific sport for you to work with. Be sure to include at least two cramp management techniques in your routine. In order to get comfortable with cramp management, ask your partner to pretend to have a severe “cramp” during your massage, as part of the post-event routine.

ATHLETE'S NAME _____

EVENT _____

1. This massage will focus on what area(s) of the body?

2. Briefly describe the order of your strokes, listing any areas of special attention (such as injury, limited ROM, pain, etc.)

3. Cramp relief techniques used during session:

4. Student observations & insights:

5. Athlete's feedback:
