

SPORTS MASSAGE

with James Mally, N.D.



Learn About:
Cryotherapy
Trigger Points
PNF Stretching
Injury Prevention
Pre event Massage
Post event Massage
Strain/Counterstrain
Muscle Cramp Relief
Treating Sports Injuries



March 12 & 13, 2022

Saturday and Sunday
9 am - 6 pm
18 hours
\$350 + \$20 materials

Workshop Location:

The Jones Center
922 East Emma Ave.
Conference Room 260
Springdale, AR 72764

Workshop Registration:

Black Brook School of Massage
Fayetteville, AR
479-856-5458
www.blackbrookmassage.com

It doesn't matter if your clients are athletes or not, everyone can benefit from sports massage techniques. You can apply what you learn to any muscle in the body, by combining knowledge of the techniques with a good understanding of anatomy. In this workshop, we will:

- Compare and contrast various **modalities** used in sports massage
- Discuss the **indications and cautions** for each technique
- Show evaluation and treatment options for many **common conditions**
- Explain how sports massage **techniques may be applied to the entire body**

MODALITIES

- PNF Stretching
- Facilitated Stretching
- Reciprocal Inhibition
- Multidirectional Friction
- Soft Tissue Release
- Trigger Point and Counterstrain
- Resistance Release

COMMON CONDITIONS

- Hamstring strain
- Rotator cuff tear
- Tennis elbow and Golfer's elbow
- Iliotibial band friction syndrome
- "Shin splints"
- Plantar Fasciitis
- *And more!*



James Mally, N.D. is an orthopedic massage therapist, teacher, and educational content producer with over four decades of experience. He teaches workshops around the globe and founded MassageLibrary.com.

Dr. Mally is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.