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### **Sports Massage for Treating Lower Extremity Injuries**

8 CE Seminar Approved by FL and NCBTMB

Provider # 294954-00

20% Lecture, 80% Supervised Hands-on Practice

Need massage tables and usual gear

Dress appropriately to receive lower extremity massage work

#### **Course Description:**

Massage therapists work with soft tissue injuries in a way that few other practitioners do. That's why athletes and active individuals experiencing chronic conditions of the lower extremity seek out their massage therapists to help them recover. Sports massage techniques are widely used to address musculoskeletal complaints of the lower extremity and are a valuable adjunct to the repertoire of any massage therapist interested in treating injuries.

This 8-hour seminar focuses on these chronic injuries that respond well to clinically-oriented sports massage:

- Chronic ankle sprain
- Achilles tendinopathy
- Fibularis tendinopathy
- Hamstrings strain and tendinopathy
- Adductor strain
- Jumper's knee (patellar tendinopathy)

The format for discussion, demonstration, and practice is organized the same for each of these conditions:

1. Introduction to the condition, typical history, signs and symptoms, review the relevant anatomy
2. Demonstrate and practice assessment, including appropriate orthopedic and special tests
3. Demonstrate and practice palpation examination
4. Demonstrate and practice each element of the suggested treatment plan, then integrate them all in a "session."
5. Review self-care options for the client, including exercise and flexibility work
6. Discuss perpetuating factors

The hands-on portion of this seminar includes a range of applications, including compressive effleurage and petrissage, broad cross-fiber work, longitudinal stripping, pin and stretch techniques, isolytic contractions, deep transverse friction, and facilitated stretching. The information and treatment protocols presented in this live seminar are adapted from Bob's new book, "Sports Massage for Injury Care" released in 2019 by his long-time publisher, Human Kinetics.

Learning objectives:

1. Students will list the relevant signs and symptoms for each condition taught in class.
2. Students will describe the appropriate assessment tests for each condition taught in class.
3. Students will learn the proper application of broad cross-fiber massage stroke.
4. Students will learn the proper application of pin and stretch techniques.
5. Students will learn the proper application of isolytic contractions.
6. Students will learn the proper application of deep transverse friction strokes.
7. Students will list perpetuating factors for each condition covered in class.
8. Students will identify appropriate self-care strategies for each condition covered in class.

#### Recommended Text:

Sports Massage for Injury Care  
Robert E. McAtee  
Human Kinetics Publishers