
Advanced Certificate in Sports Injury Prevention and Management

Sports Massage and Manual Therapy

****Active Release Techniques (ART):**** A manual therapy technique that uses specific pressure and movement to break up adhesions and scar tissue in soft tissues, restoring normal movement and function. Related terms: soft tissue manipulation, myofascial release, Graston Technique.

Concept: ART is a patented, state-of-the-art soft tissue system/movement-based massage technique that treats problems with muscles, tendons, ligaments, fascia, and nerves. Headaches, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many issues that can be resolved quickly and permanently with ART. These conditions all have one important thing in common: they are often a result of overused muscles.

****Anatomy:**** The study of the structure of living organisms, including humans. Related terms: kinesiology, physiology, biomechanics.

Concept: Anatomy is the foundation of sports injury prevention and management. Understanding the structure and function of the human body is crucial for identifying and treating injuries, as well as for preventing future injuries.

****Biomechanics:**** The study of the mechanical laws relating to the movement or structure of living organisms. Related terms: kinesiology, anatomy, physiology.

Concept: Biomechanics is the study of the mechanical principles of movement. It is concerned with the analysis of the internal and external forces acting on a living body, and how these forces produce movement. Biomechanics is an important consideration in sports injury prevention and management, as understanding the biomechanics of a particular sport or activity can help to identify potential injuries and develop strategies to prevent them.

****Concussion:**** A type of traumatic brain injury caused by a blow to the head or body, or by a violent shaking of the head and body. Related terms: mild traumatic brain injury, post-concussion syndrome.

Concept: A concussion is a type of traumatic brain injury that can occur when the head is hit or shaken violently. Symptoms of a concussion can include headache, dizziness, memory loss, and confusion. Concussions can be mild or severe, and they can have long-term effects on cognitive function, balance and coordination.

****Deep Tissue Massage:**** A type of massage therapy that focuses on realigning the deeper layers of muscles and connective tissue. Related terms: Swedish massage, sports massage, myofascial release.

Concept: Deep tissue massage is a type of massage therapy that uses slow, firm strokes to reach the deeper layers of muscle and fascia (the connective tissue that surrounds muscles). Deep tissue massage can be used to treat chronic pain, injuries, and muscle tension.

****Electrical Muscle Stimulation (EMS):**** The use of electrical current to stimulate muscle contraction. Related terms: neuromuscular electrical stimulation, transcutaneous electrical nerve stimulation, functional electrical stimulation.

Concept: Electrical muscle stimulation (EMS) is a therapeutic modality that uses electrical current to stimulate muscle contraction. EMS can be used to prevent muscle atrophy, rehabilitate injuries, and improve muscle strength and endurance.

****Exercise Prescription:**** The process of designing and implementing a specific exercise program to improve an individual's health and fitness. Related terms: exercise therapy, physical therapy, rehabilitation.

Concept: Exercise prescription is the process of designing and implementing a specific exercise program to improve an individual's health and fitness. Exercise prescription takes into account an individual's age, fitness level, health status, and goals to create a program that is safe, effective, and tailored to their needs.

****Fascia:**** The connective tissue that surrounds muscles, bones, and organs. Related terms: myofascial release, deep tissue massage, soft tissue manipulation.

Concept: Fascia is a type of connective tissue that surrounds muscles, bones, and organs. Fascia provides support and stability to the body, and it plays an important role in movement and function. Fascia can become restricted and tight due to injury, inflammation, or overuse, leading to pain and dysfunction.

****Foam Rolling:**** A self-myofascial release technique that uses a foam roller to apply pressure to soft tissues. Related terms: self-massage, trigger point therapy, myofascial release.

Concept: Foam rolling is a self-myofascial release technique that uses a foam roller to apply pressure to soft tissues. Foam rolling can be used to release muscle tension, improve flexibility, and reduce pain and inflammation.

****Graston Technique:**** A type of soft tissue manipulation that uses stainless steel instruments to detect and treat scar tissue and fascial restrictions. Related terms: Active Release Techniques, myofascial release, deep tissue massage.

Concept: The Graston Technique is a type of soft tissue manipulation that uses stainless steel instruments to detect and treat scar tissue and fascial restrictions. The Graston Technique can be used to improve range of motion, reduce pain and inflammation, and promote healing.

****Injury Prevention:**** The process of reducing the risk of injury through education, training, and other strategies. Related terms: risk management, safety, sports medicine.

Concept: Injury prevention is the process of reducing the risk of injury through education, training, and other strategies. Injury prevention is an important component of sports injury management, as preventing injuries can help to reduce the overall burden of injury and improve athletic performance.

****Kinesiology:**** The study of the mechanics and anatomy of human movement. Related terms: biomechanics, anatomy, physiology.

Concept: Kinesiology is the study of the mechanics and anatomy of human movement. Kinesiology is concerned with the analysis of the internal and external forces acting on the body during movement, and how these forces produce movement. Kinesiology is an important consideration in sports injury prevention and management, as understanding the mechanics of a particular sport or activity can help to identify potential injuries and develop strategies to prevent them.

****Manual Therapy:**** The use of the hands to diagnose and treat soft tissue and joint problems. Related terms: massage therapy, chiropractic, osteopathy.

Concept: Manual therapy is the use of the hands to diagnose and treat soft tissue and joint problems. Manual therapy can be used to improve range of motion, reduce pain and inflammation, and promote healing.

****Massage Therapy:**** The manual manipulation of soft tissue for the purpose of normalizing them. Related terms: Swedish massage, deep tissue massage, sports massage.

Concept: Massage therapy is the manual manipulation of soft tissue for the purpose of normalizing them. Massage therapy can be used to improve circulation, reduce muscle tension, and promote relaxation.

****Myofascial Release:**** A type of soft tissue manipulation that uses sustained pressure to release restrictions in the fascia. Related terms: Active Release Techniques, Graston Technique, deep tissue massage.

Concept: Myofascial release is a type of soft tissue manipulation that uses sustained pressure to release restrictions in the fascia. Fascia is a type of connective tissue that surrounds muscles, bones, and organs. Fascia can become restricted and tight due to injury, inflammation, or overuse, leading to pain and dysfunction.

****Neuromuscular Therapy:**** A type of manual therapy that uses specific techniques to release trigger points and improve circulation. Related terms: trigger point therapy, myofascial release, deep tissue massage.

Concept: Neuromuscular therapy is a type of manual therapy that uses specific techniques to release trigger points and improve circulation. Neuromuscular therapy can be used to reduce pain and muscle tension, and to improve range of motion.

****Proprioceptive Neuromuscular Facilitation (PNF):**** A type of stretching technique that uses resistance and reciprocal inhibition to improve flexibility. Related terms: static stretching, dynamic stretching, ballistic

stretching.

Concept: Proprioceptive neuromuscular facilitation (PNF) is a type of stretching technique that uses resistance and reciprocal inhibition to improve flexibility. PNF stretching can be used to improve range of motion, reduce muscle tension, and promote relaxation.

****Rehabilitation:**** The process of restoring an individual to normal function after an injury or illness. Related terms: physical therapy, exercise therapy, sports medicine.

Concept: Rehabilitation is the process of restoring an individual to normal function after an injury or illness. Rehabilitation can include a variety of interventions, such as exercise therapy, manual therapy, and education, to help an individual regain strength, mobility, and function.

****Soft Tissue Manipulation:**** The manual