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## Effect of massage therapy on sports performance

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### Abstract

The term “massage therapy” encompasses many different techniques (see box for examples). Commonly, therapists press, wipe or also influence the muscles and additional soft tissues of the body. They most often use their hands and fingers, but may use their forearms, elbows, or feet. Technical proof on massage therapy is restricted. Scientists are not yet confident what changes take places in the body during massage, whether they influence health, and, if so and how? Massage therapy appears to have a small number of serious risks if it is used fittingly and provided by a qualified massage professional. Tell your health care providers about any balancing and substitute practices you use. Give them a full picture of what you do to supervise your health. This will help ensure harmonized and safe care. This fact page provides a common impression of massage therapy and suggests sources for extra information.

**Keywords:** Massage therapy, sports, performance and impact

### Introduction

When muscles in the body are put beneath stress due to physical action or even emotional stress, the myofascial tissue tenses up or spasms. Massage can release that tension (Paolini, 2009). Massage therapy has conventionally been used in sports for preventing injuries, falling mental stress, rising force manufacture, and promoting healing. There are numerous techniques used to attain these dissimilar benefits, such as myofascial release as a pain reliever or Swedish massage for respite. How massage impacts the nature of a performance depends on its timing in the training cycle, the intensity, the method used, and the duration of the massage. Proof supports both positive and negative effects of massage-therapy techniques for sports persons, both physically and psychologically.

### What is massage therapy?

Massage works on the body parts especially to aid circulations, relax the muscles, or provide sensual stimulations.

### Types of Massage therapy

1. **Therapeutic massage:** A systemic and scientific mobilization of the soft tissues of the body.
2. **Transverse friction massage (Cross fiber massage):** Usually performed on site specific muscle or tendon.
3. **Myofascial release:** A technique that applies prolonged light pressure with specific directions in to the fascia system in order to relieve pain, release restrictions.
4. **Trigger point release (or massage):** Applies concentrated finger pressure to “trigger pointed” to break cycles of spasm and pain.

### Principle of massage therapy

There are four basic principle of massage

1. General to specific to general.
2. Superficial to deep to superficial.
3. Periphery to centre to periphery.
4. Proximal to distal to proximal.

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### Positive effects of massage therapy

Athletes, including runners, can experience great benefits from massage for many different reasons. These benefits can come in both mental and physical forms.

#### Mentally

- Complete relaxation.
- Reduction in rigidity and tremor.
- Improvement in sleep.
- Increase in daily stamina.
- Reduction in anxiety.
- Increased feeling of relaxation. Enhancing Attentiveness

#### Physically

- Increase rom.
- Decrease pain.
- Activation of the immune system.
- Provide gentle stretching of tissue.
- Encourage lymphatic flow.
- Increase circulation.
- Assists in venous return.

#### Negative effects of massage

- Aggragate existing injuries and chronic pain problems.
- Temporary soreness.
- Fatigue and malaise.
- Inadequate treatment.
- Low blood sugar.
- Bruising.
- Acerbic reactions.
- Bone fracture.
- Mildly stress the nervous system.

#### Contraindications about massage therapy

##### General

- Systemic contagious or infectious disease, including the common cold.
- Acute conditions requiring first aid or medical attention.
- Severe unstable hypertension.
- Significant fever.

##### Local

- Deep vein thrombosis.
- Frostbite.
- Recent surgery.
- Malignancy.
- Irritable skin conditions.
- Open source of wound.

#### Safety measure about massage therapy

Cautions about massage therapy include the following:

- Vigorous massage should be avoided by people with bleeding disorders or low blood platelet counts.
- Massage should not be done in any area of the body with blood clots, fractures, open or healing wounds, skin infections, or weakened bones (such as from osteoporosis or cancer), or where there has been a recent surgery.
- Although massage therapy appears to be generally safe for cancer patients, they should consult their oncologist before having a massage that involves deep or intense

pressure. Any direct pressure over a tumor usually is discouraged. Cancer patients should discuss any concerns about massage therapy with their oncologist.

- Pregnant women should consult their health care provider before using massage therapy.

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