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**REQUIRED**

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**TEXTBOOKS****Compulsory:**

Nil.

**Recommended Reading / References:**King, Robert K., *Performance Massage*, Human Kinetics Publishers, USA, 1992.Brukner, Peter and Khan, Karim, *Clinical Sports Massage* 3<sup>rd</sup> Ed McGraw Hill Book Company, Australia, 2006.Corrigan, Brian and Maitland, G. D., *Musculoskeletal & Sports Injuries*, Butterworth and Heinemann, UK, 1994.Knight, K.L., *Cryotherapy in Sports Injury Management*, Human Kinetics, IL, 1995.Lachman, S. and Jenner, J. F., *Soft Tissue Injuries in Sport*, 2nd Ed. London, Oxford, 1994.Basmajian, J.V. (ed), *Therapeutic Exercise*, 4th Ed., Baltimore, Williams & Williams, 1984.

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**MESSAGE TABLE HIRE**

Massage tables are available for hire to both students and practitioners needing them for their practice, workshops or events. To make a booking or inquire about massage table hire, please call 9906 1566.

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**COURSE OUTLINE**

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**Day 1**

Theory of Sports Massage

The role of a massage therapist within a sports team setting.

Massage physiology

Pre event

Post event

Fine tuning

Rehabilitation

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**Day 2**

Pre event massage

Massage – specific body regions.

Sport specific massage.

The bi-lateral approach

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**Day 3**

Fine tuning massage

Evaluation

Specific massage techniques

Side lying massage

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**Day 4**

Post event – theory

Jostling techniques

Compression

Venous drainage.

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Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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**Nature Care College Pty Ltd** ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: [info@naturecare.com.au](mailto:info@naturecare.com.au) website: [www.naturecare.com.au](http://www.naturecare.com.au)