

Want to improve your performance at the County Championships?



Try Pre and Post Event Massage

Jean Barber will be on poolside during the County Championships to offer-

- pre and post event massage.
- an opportunity to discuss any specific injuries.
- provide stretching and flexibility advice.

Jean is fully qualified in Swedish Massage and should achieve VTCT Level 3 Diploma in Sports Therapy in May.

To enable Jean to cover her cost for oils, towels transport etc we suggest a £5 voluntary contribution for the Championships.

Any queries please do not hesitate to contact Jean on 753069 or 07790204081

Massage is only available to swimmers aged 15+.

Younger bodies are still developing and so at this stage of her training Jean wishes to focus on the older swimmers. Advice is available to swimmers of all ages.

Please complete and return the permission slip and the form below to Jan Scotchford or Jean via the boxes at Flitwick or Hannah at training before the start of the Championships.



Swimmer's Name _____

Date	Event entered
Sat 3 rd March Session 1	
Sat 10th March Session 2	
Sat 10th March Session 3	
Sun 11th March Session 4	4x50 freestyle relay only
Sun 11th March Session 5	
Sat 24th March Session 6	
Sat 24th March Session 7	
Sun 25th March Session 9	

What is Sports Massage

Sports Massage is the term applied to the discipline of using massage for the specific benefit of all sports and exercise participants. It covers the management, manipulation and rehabilitation of the soft tissues of the body eg. muscles, ligaments and tendons.

Sports massage should be tailored to each individual's needs to positively enhance one's ability to perform.

Benefits of sports massage:

- Improve circulation & lymphatic flow
- Assist in the removal of metabolic waste
 - Sedate or stimulate nerve endings
 - Increase or decrease muscle tone
 - Increase or decrease muscle length
 - Remodel scar tissue when required
- Assist in mental preparation for sporting participation

Sports massage can be beneficial at various stages of participation. For example:

- The conditioning / training phase
 - Pre competition
 - Inter competition
 - Post competition
 - Post travel
 - Injury recovery
 - Injury prevention

Regardless of whether you exercise or play sport to keep fit, or compete from club to international level, then sports massage may have something to offer.

Contra-indications to sports massage

A contra-indication is a reason why the treatment may not be beneficial to you

If you currently have any of the following conditions, you should not have a sports massage.

The contra indications to massage are:

- A body temperature over 100°F, or feeling unwell.
- Acute Traumas - Open wounds, recent bruising, muscle tears, sprained ligaments, contusions, chilblains, burns.
- Tumours - Where there is swelling, which is inconsistent with recent bruising.
 - Diseased blood vessels - Varicose veins, phlebitis, thrombosis
 - Cancer
 - Melanoma
 - Haemophilia
- Infectious skin disease - Bacterial infection, Fungal infection, Viral infections, Herpes
 - Where you react adversely to massage treatment
 - Where your symptoms appear to make advice from a doctor advisable
- Diabetes - not strictly a contraindication but massage has the same effect as exercise on your blood sugar levels so you need to have appropriate medication available
- Please read carefully and only sign if you are in full agreement with its contents

I ----- confirm that I have understood the treatment that I am to receive and confirm that I am willing to proceed without confirmation from my own GP or Consultant.

I accept and fully understand the therapist is only part-qualified and undertake any treatment at my own risk

You should note that if the therapist is unable to explain to you the contra indications or is unsure of anything that may apply to a specific condition then they should not treat you without asking you to consult with your GP or Consultant.

It is your responsibility and not that of the therapist to consult your GP or Consultant.

I hereby indemnify the therapist against any adverse reaction sustained as a result of the treatment

Signed..... date.....