

## Review

# The Effects of Massage Therapy on Sport and Exercise Performance: A Systematic Review

Miloš Dakić <sup>†</sup>, Lazar Toskić <sup>1,2,\*</sup>, Vladimir Ilić <sup>1</sup>, Saša Đurić <sup>3</sup>, Milivoj Dopsaj <sup>4</sup> and Jožef Šimenko <sup>5,6</sup>

- <sup>†</sup> Faculty of Sport and Physical Education, University of Belgrade, 11000 Belgrade, Serbia; miloshdakic@gmail.com (M.D.); vladimir.ilic@fsv.bg.ac.rs (V.I.); milivoj.dopsaj@fsv.bg.ac.rs (M.D.)
- <sup>2</sup> Faculty of Sport and Physical Education, University of Pristina in Kosovska Mitrovica, 38218 Leposavić, Serbia
- <sup>3</sup> Faculty of Sport, University “Union–Nikola Tesla”, 11070 Belgrade, Serbia
- <sup>4</sup> Liberal Arts Department, American University of The Middle East, Egaila 54200, Kuwait; sasa.djuric@aum.edu.kw
- <sup>5</sup> School of Life and Medical Sciences, University of Hertfordshire, Hatfield AL10 9AB, UK
- <sup>6</sup> Correspondence: lazar.toskic@pr.ac.rs (L.T.); j.simenko@herts.ac.uk (J.S.)

**Abstract:** Background: A massage is a tool that is frequently used in sports and exercise in general for recovery and increased performance. In this review paper, we aimed to search and systemize current literature findings relating to massages’ effects on sports and exercise performance concerning its effects on motor abilities and neurophysiological and psychological mechanisms. Methods: The review has been written following the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analysis) guidelines. One hundred and fourteen articles were included in this review. Results: The data revealed that massages, in general, do not affect motor abilities, except flexibility. However, several studies demonstrated that positive muscle force and strength changed 48 h after the massage was given. Concerning neurophysiological parameters, the massage did not change blood lactate clearance, muscle blood flow, muscle temperature, or activation. However, many studies indicate pain reduction and delayed onset muscle soreness, which are probably correlated with the reduction of the level of creatine kinase enzyme and psychological mechanisms. In addition, the massage treatment led to a decrease in depression, stress, anxiety, and the perception of fatigue and an increase in mood, relaxation, and the perception of recovery. Conclusion: The direct usage of massages just for gaining results in sport and exercise performance seems questionable. However, it is indirectly connected to performance as an important tool when an athlete should stay focused and relaxed during competition or training and recover after them.

**Keywords:** recovery; motor abilities; neurophysiology; psychology; performance

**Citation:** Dakić, M.; Toskić, L.; Ilić, V.; Đurić, S.; Dopsaj, M.; Šimenko, J. The Effects of Massage Therapy on Sport and Exercise Performance: A Systematic Review. *Sports* **2023**, *11*, 110. <https://doi.org/10.3390/sports11060110>

Academic Editor: António M. Monteiro

Received: 6 May 2023

Revised: 25 May 2023

Accepted: 26 May 2023

Published: 29 May 2023



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## 1. Introduction

Today’s regime of competitive sport is very intensive and often causes athletes to become fatigued. If the organism has not recovered enough between strenuous activities, it could eventually lead to overtraining or an injury. It is also necessary for recovery to be as fast and efficient as possible because, in real field situations, during breaks, an athlete has a couple of hours or sometimes only a few minutes to prepare for the next game/match. The difference between winning and losing is often the capability to optimally maintain muscle work despite fatigue. A sports massage represents a tool that is frequently used in sports for that purpose, to recover and prepare an athlete for the following match [1–3]. However, it has been highlighted that sports massage is time-consuming and expensive [3]. Therefore, the best and most efficient practices should be explored, which are also supported by evidence.

# Massage Research Paper

**Sandy Fritz, W. Randy Snyder**



## Massage Research Paper:

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Mosby's Fundamentals of Therapeutic Massage - E-Book Sandy Fritz, Luke Allen Fritz, 2024-05-28 Gain the knowledge and skills you need to succeed in massage therapy Mosby's Fundamentals of Therapeutic Massage 8th Edition helps you prepare for licensing and certification exams as well as professional practice The book provides an in depth understanding of the principles of therapeutic massage and helps you develop the ability to reason effectively and make informed decisions from assessing problems and planning treatment to mastering massage protocols and techniques Hundreds of photographs demonstrate massage techniques step by step and case studies allow you to apply concepts to real world situations Featuring dozens of online how to videos this resource from massage therapy experts Sandy and Luke Fritz is your text of choice Comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies wellness working with special populations and business considerations Step by step full color photographs demonstrate massage protocols and techniques by body area Competency based approach helps you prepare for and pass licensing and certification exams including the Massage and Bodywork Licensing Examination MBLEx and Board Certification in Therapeutic Massage and Bodywork BCTMB Information on massage in various health care settings provides the information needed to create a massage setting in different types of environments Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice Multiple choice review questions in each chapter help you recall facts and use critical thinking to apply the material with answers and rationales provided on the Evolve website Resources on the Evolve website include three hours of video showing manipulation techniques body mechanics positioning and draping and more with each clip narrated and performed by author Sandy Fritz as well as scientific animations anatomy labeling exercises review questions for licensing exams and MBLEx practice exams NEW Updated MBLEx practice questions are provided at the end of each chapter and additional questions are provided on the Evolve website to prepare you for licensure exams NEW Updated and expanded information on implicit bias is included in the opening chapters NEW Information on COVID 19 safety precautions is added to the Hygiene Sanitation and Safety chapter NEW Updated information on trauma informed care is provided in the Adaptive Massage chapter

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**Massage and Bodywork** Peter A. Mackereth, Ann Carter, 2006-01-01 Massage and Bodywork brings together common forms of bodywork with a focus on an important and challenging area of practice The book illustrates how massage can be safely adapted for patients and dispels some misconceptions about working with people who have cancer

Medical Conditions and Massage Therapy Tracy Walton, 2020-09 With this book s streamlined innovative approach you ll learn how to manage and assess medical information in order to determine massage contraindications

Massage Therapy E-Book Susan G. Salvo, 2022-10-28 Trust this approachable all in one text to help you master the essential principles of massage therapy Covering massage fundamentals techniques and anatomy and physiology Massage Therapy Principles and Practice 7th Edition prepares you for success in class on exams and in practice settings This user friendly text includes more than 700 images expanded information on the latest protocols critical thinking questions at the end of each chapter and updated pathologies which reflect what you will encounter in the field Simple straightforward coverage is written in a clear approachable manner to strengthen student comprehension UNIQUE Combined anatomy and physiology and fundamentals material make this a streamlined solution one book to buy one book to carry one complete resource to reference Certification Practice Exam mimics the major certification exams and provides excellent practice for board review Critical thinking questions at the end of the chapters help students develop clinical reasoning skills Robust art program enhances understanding and comprehension of each topic presented

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**Mosby's Massage Therapy Review - E-Book** Sandy Fritz, 2009-06-16 No other massage review book offers such complete exam preparation Written by massage therapy expert Sandy Fritz this preparation tool offers more review content and questions than any other massage certification review It gives you the practice and study tools you need for the NCE and MPLEx certification exams state exams and even mid term or final exams With complete coverage of the information you need to know to study more effectively and take tests more successfully it helps you memorize terms definitions and key facts all with an emphasis on critical thinking skills a key part of any licensure or certification exam This title includes additional digital media when purchased in print format For this digital book edition media content is not included More than 1 300 review questions include the two types of questions on the NCE factual recall and comprehension Content review includes a detailed review of body systems and their applications to massage A new five step review process lets you identify areas that need more attention as you study and prepare Tips for studying and test taking what to memorize how to apply concepts and think critically help you hone test taking skills better than ever before A full color design features 100 new illustrations showing massage techniques and Anatomy Physiology

Massage and Aromatherapy Andrew Vickers, Caroline Stevensen, Steve Van Toller, 2013-11-11 This book aims to give health professionals a balanced and independent overview of massage and aromatherapy I have written it because despite growing interest there is a dearth of professional literature on this subject This book aims to cover a number of topics which are under represented in existing publications These include scientific research in massage and aromatherapy the use of the therapies in medical settings the knowledge base of massage and aromatherapy professional and managerial issues safety Understanding of these subjects is essential for any reasoned evaluation of massage and aromatherapy Yet this book is probably the first to provide information suitable for this task At the current time of writing almost all books on massage and aromatherapy have been written with the lay public in mind The texts recommended to students and practitioners by the foremost schools and institutions are exactly the same as those available in health food shops as general introductions for prospective patients Not surprisingly such books generally fail to include in depth discussions of professional issues

*A Myofascial Approach to Thai Massage* Howard Derek Evans, 2009-01-09 In *A Myofascial Approach to Thai Massage* the author takes a radically different approach to Thai Massage by redefining the sen lines in myofascial terms He provides a coherent system illustrating the function and benefits of Thai Massage through its actions on the myofascial network lymph and blood flow In addition the author questions some of the more dubious moves in Thai Massage looks at the spiritual aspects of Thai Massage in terms of presence attention and the therapist client relationship takes a unique view of Thai Massage and opens the way for further exploration of massage in the

myofascial field and includes some examples of working with clients to illustrate the themes Although specifically about Thai Massage content covers many aspects of the therapist patient relationship well explored in psychotherapy but surprisingly little covered in massage courses To support the therapist the book includes references to anatomy physiology and therapeutic processes such as neuromuscular technique and covers massage and relaxation and the techniques and relationship skills that make good massage the author has distilled the techniques discarded what he considers dangerous or disturbing for the patient and concentrated on understanding the techniques and ways of working necessary to promote complete relaxation for the client *Papers in ITJEMAST 11(10) 2020* , International Transaction Journal of Engineering

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Research Methods for Massage and Holistic Therapies Glenn Hymel, 2005-09-23 This comprehensive resource covers a broad array of research strategies available to massage therapists to give them the tools they need to be knowledgeable readers of research literature as well as active researchers The primary focus of the book is on the quantitative aspect of research that encompasses the principal types of studies most extensively used in the various health care professions specifically massage therapy Extensive coverage is also given to the qualitative and integrative research categories that are progressively gaining recognition among researchers in various health science disciplines and

professions Accommodates the March 2003 mandate from the Commission on Massage Therapy Accreditation COMTA that massage therapy schools incorporate into their curricula provisions to ensure a research literate profession Examples and techniques for interpreting research guide practitioners and students to be knowledgeable readers of massage therapy research allowing application to practice Relies heavily on concept maps flowcharts tables and illustrations and excerpts of published studies to augment the book s narrative development of topics by providing pictorial displays and summaries of the material Literature based and hypothetical research examples illustrations from several manual therapy professions employing therapeutic massage make the material pertinent to real life settings An introductory section at the beginning of each chapter reviews the material covered in the previous chapter and how it relates to the new material Chapter coverage spans the quantitative qualitative and integrative research categories and affiliated research strategies and methods are considered in detail Review summary tables give an overview of the narrative development of topics Boxes provide the essential features of a given topic Relies on multiple examples of possible research scenarios and illustrative excerpts from the published research literature Content is cross referenced for use with the Massage Therapy Foundation s Massage Therapy Research Curriculum Kit to provide both instructors and students in the 6 15 and 24 hour options levels an extensively developed resource in one place Each chapter includes recommended web sites and software application packages for further information

**Women's Employment** ,1929      **Mosby's Fundamentals of Therapeutic Massage**

Sandy Fritz,W. Randy Snyder,2009 Accompanying DVD ROMs contain more than three hours of video on techniques body mechanics and more plus anatomy and physiology animations that demonstrate concepts from the book Page 4 of cover

**Massage Therapy** Susan G. Salvo,2015-04-13 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo s Massage Therapy Principles and Practice 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like



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## **Table of Contents Message Research Paper**

1. Understanding the eBook Message Research Paper
  - The Rise of Digital Reading Message Research Paper
  - Advantages of eBooks Over Traditional Books
2. Identifying Message Research Paper
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Message Research Paper
  - User-Friendly Interface
4. Exploring eBook Recommendations from Message Research Paper
  - Personalized Recommendations
  - Message Research Paper User Reviews and Ratings
  - Message Research Paper and Bestseller Lists
5. Accessing Message Research Paper Free and Paid eBooks
  - Message Research Paper Public Domain eBooks
  - Message Research Paper eBook Subscription Services
  - Message Research Paper Budget-Friendly Options
6. Navigating Message Research Paper eBook Formats

- ePub, PDF, MOBI, and More
- Message Research Paper Compatibility with Devices
- Message Research Paper Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Message Research Paper
  - Highlighting and Note-Taking Message Research Paper
  - Interactive Elements Message Research Paper
- 8. Staying Engaged with Message Research Paper
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Message Research Paper
- 9. Balancing eBooks and Physical Books Message Research Paper
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Message Research Paper
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Message Research Paper
  - Setting Reading Goals Message Research Paper
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Message Research Paper
  - Fact-Checking eBook Content of Message Research Paper
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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