

Review

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

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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

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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.

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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

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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**

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