

Self-Massage Seminar
Marathon Charity Cooperation
Summer Training Program
25 August 2012

Based on book, "Self-Massage for Athletes", by Rich Poley, Two Hand Press, 2006

1. Why
 - a. Relieves pain, speeds recovery, strengthen immune response, improves health
2. What
 - a. Unsticks muscles
 - b. Brings blood to heal
 - c. Breaks up scars (straightens fibers)
 - d. Biochemical stimulation (endorphin cocktail)
3. Advantages
 - a. Learn fast, available, cheap, learn about self
4. 6 Simple Strokes
 - a. Gliding – rub hands over skins, wide, narrow, fast, slow
 - b. Squeezing – compression
 - c. Squeeze & Roll – kneading
 - d. Pressing – hold against bone, slow poke
 - e. Press & Roll – friction
 - f. Drumming
5. Rules, Tips Pain
 - a. Concentrate
 - b. Muscle not bone
 - c. Feels good; good – feels bad; bad
 - d. Seek Professional help if needed
 - e. Close your eyes
 - f. Relax
6. Sample for Runners
 - a. Neck & Shoulders
 - b. Back
 - c. Feet
 - d. Lower legs
 - e. Upper legs
7. Tools
 - a. Thera Cane
 - b. Dolphin
 - c. Foam Roller