

# BRINGING MASSAGE THERAPY INTO THE TRAINING ROOM



The incorporation  
of massage  
therapists into  
the sports  
medicine team



**WE HAVE A BIG GAME THIS  
WEEKEND AND COULD REALLY  
USE OUR BEST PLAYER...**

**One tool that can help  
accomplish this is to bring  
massage therapy into the  
training room.**

## The incorporation of massage therapists into the sports medicine team has evolved a great deal.

The shift from being an outside referral to an integral component has occurred due to a variety of factors ranging from athlete demand to improvements in awareness of massage therapists skillsets.

### QUESTIONS YOU MAY HAVE...

How do I find the right therapist?

What type of therapist is the best fit for us?

How should I schedule them?

How much should they be compensated?

### Adding the right therapist to the team will...

- Pay immediate dividends
- Add a unique dimension to your training room that will produce results
- Showcase improvements in competition preparation, maintenance, and injury recovery
- Add valuable treatment information from the therapist's findings



Because of this, it is imperative that all members of the team understand their strengths and limitations and are educated about what the other team members can offer to get the best results for the athlete.

**THERE SHOULD BE A COLLABORATION TO PROVIDE THE BEST CARE FOR THE ATHLETE.**

### Find someone whose skillset is a match for your needs...

- Sports is not a 9 to 5 job so the ability to be flexible and adapt to the schedule is important.
- A desire to want to work as part of a healthcare team (helping out with other duties and tasks)
- The therapist should be eager to learn and open to suggestions. Additional training in things like trigger point work and sports massage are beneficial. Things like kinesiotaping, functional movement screen, and CPR can be useful.

### TIP:

Offer to upskill them in things that would be a benefit to you such as assisting with heat emergencies. This will allow you to shape them into the type of therapist that will best meet your athletes.



### Schedule & Compensation

#### SCHEDULE:

- **Do it in blocks and schedule the athletes who need soft tissue work during that time.**
- **Schedule for the entire day with additional duties when they are not doing massage.**

#### COMPENSATION:

- **Creating a consistent and fair compensation system that recognizes and values the skillset brought to the team increases loyalty and commitment.**

Finding the right therapist may be a lengthy process, but the time investment on the front end will pay off multiple times over. Once the right fit is found, investing in the development of your staff will allow you to mold them to be as productive as possible and really **create an amazing healthcare team.**