
Learner Workbook

iUSP157 – Provide Sports Massage Techniques to Prevent and Manage Injury

This workbook can help you to prepare for assessment for the following units:

iUSP157 - Learning Outcomes
Learners will:
<ol style="list-style-type: none">1. Be able to apply soft tissue techniques in sports massage treatments2. Understand the principles of soft tissue techniques used in sports massage

Learner name: _____

Introduction

Please provide detailed answers to all the questions in this workbook. You can refer to your notes to complete the answers:

Other sources of information and guidance for the potential answers include:

- The unit manuals
- The PowerPoint presentations used by the tutor
- Other relevant and credible information sources, e.g. books, textbooks, professional journals and associations

1 - The principles of soft tissue techniques used in sports massage

1. Describe the difference between soft tissue injury and dysfunction.

	Definition	Cause	Sign and symptoms
Soft tissue injury			
Dysfunctional tissue			

2. Give some examples of the possible causes of soft tissue injuries.

Intrinsic causes	
Extrinsic causes	

3. Describe some common causes of tissue dysfunction.

4. Describe how the causes of dysfunction affect the following tissues.

	Function	Dysfunction
Connective tissue/fascia		
Muscle tissue		

5. Describe the clinical features of a trigger point.

6. Identify the causes of a trigger point.

7. Identify the difference between a latent and active trigger point.

Latent	Active

8. Describe a range of soft tissue techniques and explain the protocols for each.

Soft tissue release	
Technique	Protocols
Technique	Protocols

Connective tissue	
Technique	Protocols
Technique	Protocols

Corrective frictions (transverse)	
Technique	Protocols
Technique	Protocols

Trigger points	
Technique	Protocols
Technique	Protocols

Muscle energy	
Technique (PIR)	Protocols
Technique (RI)	Protocols

9. Critically evaluate the effects of each soft tissue technique.

Soft tissue release	
Advantages	Disadvantages

Connective tissue	
Advantages	Disadvantages

Corrective frictions (transverse)	
Advantages	Disadvantages

Trigger points	
Advantages	Disadvantages

Muscle energy	
Advantages	Disadvantages

2 - Apply soft tissue techniques in sports massage treatments

10. Explain how you would prepare a client for soft tissue techniques.

11. Give some examples of how you can position clients for comfort, dignity and maximal effectiveness.

12. How would you monitor tissue response throughout treatments? Give some examples to illustrate your answer.

How to monitor	Examples

13. Explain why it is important to gain feedback from clients throughout treatments; how can this be achieved?

14. Give some examples of how you would adapt soft tissue techniques to meet the needs of clients.

15. Explain, using examples, how you could adapt your own posture and position throughout application to ensure safe and effective application.

16. Why is it important to evaluate the effectiveness of soft tissue techniques?

17. Why is it important to adapt treatment plans based on evaluation of treatments?

18. How would you present aftercare advice to clients? Give some examples of the advice that needs to be provided.