

Certificate in Sports Massage Therapy Level 4



This course is a specialist qualification for those wanting to work on injury management and prevention.

This course is targeted at therapists who want to further develop their massage skills and become a Sports Massage Practitioner and be able to work with injured clients. Also suitable for Osteopaths/chiropractors who are looking to add sports massage to their skills set.

The purpose of this specialist qualification is to enrich your understanding of advanced anatomical, physiological and pathological principles relevant to the application of sports massage for injury management and prevention.

Fully recognised by the Sports Massage Association & Sports Therapy Association You will be required to complete 100 hours of practical treatments outside of course time which should include a mixture of event and clinic work.

If you are progressing from Diploma in Sports massage level 3 you will only need to complete an additional 50 hours practical

Course Content

You will learn

- Develop advanced palpation skills
- Assess, measure & analyse range of movement
- Carry out and postural analyses
- Functional testing
- Special orthopaedic tests
- Treatment protocols for common types of sporting injuries.
- Importance of hydration and nutrition on recovery and prevention of injuries
- Work within a range of environments at events, local gym and within treatment room
- Develop a range of advanced skills and massage techniques to prevent and manage injury including, Muscle Energy Technique (MET), Trigger Point (NMT), Soft Tissue Release (STR) and passive stretching
- Critical evaluations of massage strategies and methods.

Course Venue

**First Floor
Electric House
Suttons Lane
Hornchurch
Essex
RM12 6RJ**