

Interview with Alan

Previous Occupation:	Investment Manager
Current Occupation:	Holistic & Sports Massage tutor for EFH Osteopath Sports Massage Therapist
Qualifications attained At EfH:	Holistic Massage: ITEC- 2002 Sports Massage: APNT- 2003
Further training:	Osteopath; Bsc Ost (2:1)

Why I chose to study Sports Massage?

Having had clients who presented with postural or muscle injuries, I did not feel that I had enough knowledge to assess them efficiently.

I wanted to learn Sports Massage to develop a greater understanding of anatomy & physiology, expand my massage techniques and have greater confidence massaging athletes.

What are the benefits of learning Sports Massage?

Sports Massage is not just for athletes, but can benefit anyone suffering with stress, poor posture or having general work aches and pains, as well as increasing your ability in dealing with a variety of presenting soft tissue complaints.

The Sports Massage & Sports Treatments qualification combines sports massage with remedial treatments. Sports massage includes maintenance, pre and post event and rehabilitation. Remedial massage can be anything from helping someone overcome injuries to giving advice, for instance basic nutrition and postural awareness.

Who can do this course?

You don't have to be involved in sports to learn sports massage, however ideally you will be at certain level of fitness as working days can vary in intensity, possibly 10 hour days.

Although treatments are not just for athletes, it is good to have an understanding of a variety of sports. This enables students to understand different requirements as treatments can vary e.g. a dancer or office worker.

Possibilities of having sports massage qualification?

Being qualified in sports massage obviously enables you to work within the sports environment e.g. a rugby team, royal ballet, working abroad in ski resorts etc.

For those who may be looking to qualify in different areas such as osteopathy, physiotherapy or sports therapy, sports massage provides the grounding for understanding common injuries and assessment to flexibility with your treatments.

I have recently qualified as an osteopath. Having the knowledge gained from being a Sports massage therapist was a contributing factor, assisting me to gain the skills required for this qualification. As well as having anatomy & physiology knowledge and the great range of massage techniques, there are other skills which I have developed. These included patient handling, building on my assessment skills for common & recurrent injuries, observational skills were sharper when assessing client's posture ranges from office workers to sport athletes and perhaps most importantly, looking after yourself when providing treatment, in particular postural care.