

# Sports Massage



Jaya R. Carl

*Certified Restoration Therapist*

*The Magic is in the Elbow.*

Shanti Restoration Therapy  
940 Park Ave.  
San Jose, CA 95126



Jaya R. Carl, CMT

From Jaya's very first Jujitsu class in 1986 Restoration Therapy has been an important part of his practice. In 1991 he received his Massage Technician certificate from the American Judo & Jujitsu Federation (AJJF), then his Massage Practitioner certificate in 1999. He also received an advanced certificate in Seifukujitsu/Restoration Therapy in 1999 from Profs. Tony Janovich and Sig Kufferath. Jaya continues to study under his sensei Prof. Robert Hudson at the Seifukujitsu Institute of Southern California and with Prof. Janovich at the Kodenkan Jujitsu & Restoration Therapy School of Santa Clara. His Myofacial Release training began in 2004.

Jaya's Jujitsu and massage is grounded in many years of yoga practice and qigong. He completed the Yoga Teachers Training with Swami Vishnu Devananda of the Sivananda Yoga Vedanta Centers International in 1973. He continues to propagate yoga by running the Shanti Yoga Center in San Jose, California.

*The Magic is in the Elbow.*

v.1.2 [www.ElbowMagic.com](http://www.ElbowMagic.com)

## What is Sports Massage?

Sports massage is a form of massage, which utilizes specific strokes to help athletes obtain maximum performance and physical conditioning by increasing power, endurance and mobility - both before and after an event or exercise.

## How is Sports Massage Administered?

Sports massage should be a regular part of every athlete's training program. Athletes have different massage needs at different times. There are three basic categories:

**Pre-Event:** A quick treatment (rhythmic pumping) is a supplement to warm-up. It boosts circulation and increases flexibility and range of motion, thereby reducing muscle pain and soreness, leaving muscles relaxed and ready for action. Pre-event massage can help prevent muscle and tendon injuries and reduce the strain and discomfort of training. It also can be a great psychological advantage in competition.

**Post-Event:** Recovery after a competition involves not only the normalization and repair of tissue, but also general relaxation and mental calming. Post-event sports massage increases circulation to quicken the removal of fatigue toxins, relieve muscle spasms, and prevent soreness. It is used to assist athletes in recovery and in regaining their pre-event condition by relaxing tight, fatigued muscles, tendons and ligaments.

**Training:** Throughout training and rigorous regular athletic activity, massage helps prevent injuries. Areas of muscular stress can result from repetitive or stressful motions and are typically precursors to injury. Sports massage assists in relieving muscular stress and preventing injuries, enabling harder and more consistent training. Adequate recovery is also a major factor in avoiding nagging minor injuries that inhibit maximum performance.

## How Can Sports Massage Help in Rehabilitation?

Sports massage can accelerate the healing process, increase range of motion, reduce adhesions and reduce swelling, bruising and pain. Areas of stress in other muscles, created through compensating for an injury, can be eased with a regular sports massage regimen. Sports massage can partially compensate for lack of exercise during inactivity while recovering from injury. Sports massage is also used to relieve muscular spasms and fatigue-related injuries.

## Why is Sports Massage Recommended Overall?

Sports massage is more than just a reward at the end of a workout. It is a vital tool for keeping athletes primed for top performance and even lengthening their careers. Recognized as an important part of a regular maintenance program, sports massage is widely used by individuals, teams and Olympic and professional athletes.

## What Areas Will Be Massaged?

Sports massage may focus on specific muscles used in your sport or fitness activity. For example, areas of greater stress for runners and cyclists are in the legs and lower back; for swimmers, the upper body. It is recommended that the post-event and training categories of massage be whole body treatments focusing on your sport specific areas.

## Who Can Benefit?

Sports massage is particularly beneficial when an athlete is in training for an event. It's also helpful for anyone who routinely stretches his or her physical limits through movement. Swimmers, martial artists, weight lifters, runners, golfers, ball players, skaters, dancers, tennis players, musicians, and boxers, as well as "week-end warriors" and those who practice strength training or aerobics, have benefited from sports massage.

## What Are the Common Causes of Sports Injuries?

Injuries are commonly experienced when an individual has overtrained, fails to sufficiently warm-up, receives trauma, or has muscular imbalances, poor flexibility, mineral deficiencies, inadequate endurance or simply does too much too soon. Insufficient muscle strength and poor muscle tone may also lead to injury or muscle tear.

## General Information

### *Restoration Massage*

*a.k.a., Sports Massage*

by Jaya R. Carl, ABMP CMT

510-828-4661 (cell)

[jaya@ElbowMagic.com](mailto:jaya@ElbowMagic.com)

### Shanti Restoration Therapy

940 Park Ave.

San Jose, CA 95126

408-885-1018

