MASSAGE THERAPIST (Sports)

Job Description:

**Sports Massage** **Therapists** treat athletes by using touch to manipulate the muscles and other soft tissues of the body. They generally work as a member of a sports medical team in collaboration with the athletic trainers, physical therapists, and orthopedists. With their touch, therapists relieve pain, help heal injuries, improve circulation, relieve stress, increase relaxation, and aid in the general wellness of athletes. Massage therapy has been shown to reduce the risk of injuries and shorted injury healing times. They can also work in medical facilities such as hospitals, physical therapy and rehabilitation facilities, and chiropractors’ offices.

Job Responsibilities:

* Talk with athletes about their symptoms, medical history, and desired results
* Evaluate athletes to locate painful or tense areas of the body
* Manipulate muscles and other soft tissues of the body
* Provide athletes with guidance on stretching, strengthening, overall relaxation, and how to improve their posture
* Document athletes’ conditions and progress
* Evaluate athletes' soft tissue condition, joint quality and function, muscle strength, and range of motion
* Develop and propose client treatment plans that specify which types of massage are to be used
* Consult with athletes about their medical histories and any problems with stress and/or pain in order to determine whether massage would be helpful
* Massage and knead the muscles and soft tissues of the human body in order to provide treatment for medical conditions, injuries or wellness maintenance
* Prepare and blend oils, and apply the blends to athletes' skin
* Discuss with other health care professionals such as athletic trainers, physiotherapists, chiropractors, physicians, and psychologists in order to develop treatment plans for athletes
* Maintain detailed and accurate treatment records of athletes
* Attend and participate in meetings and training sessions
* Know when to terminate a massage or when not to initiate a massage and refer to a medical professional
* Collaborating with athletes on stress and pain in order to create a treatment plan
* Exercising sensitivity to a client’s medical history and injuries while using massage to relieve pain and tension
* Coaching athletes on proper exercise, stretch, and relaxation techniques
* Maintaining treatment records
* Recognizing health issues that need a referral to another healthcare provider

Job Qualifications:

Receptionist qualifications are basic and do not require a specific degree, license, or certification.

* Associates in massage therapy or diploma from massage therapy institute required
* State license in good standing required
* Bachelors in related field such as kinesiology or physical therapy preferred
* Experience as a sports massage therapist

Opportunities as a sports massage therapist are available for high graduates without experience in which more than one sports massage therapist is needed in an area such that an experienced sports massage therapist will be present to mentor.

Job Skills Required:

* Working knowledge of human anatomy and physiology
* Understanding of pathology and related conditions treatable by massage therapy
* Endurance to perform multiple massages per shift
* Working knowledge of various sport massage techniques and styles
* Great interpersonal skills
* A professional attitude and appearance
* Strong written and verbal communication skills
* Cultural competence and ethnic sensitivity
* Good listening skills
* Customer service oriented
* Respect for client, customer, and visitor confidentiality
* Knowing when something is out of the scope of practice of a massage therapist