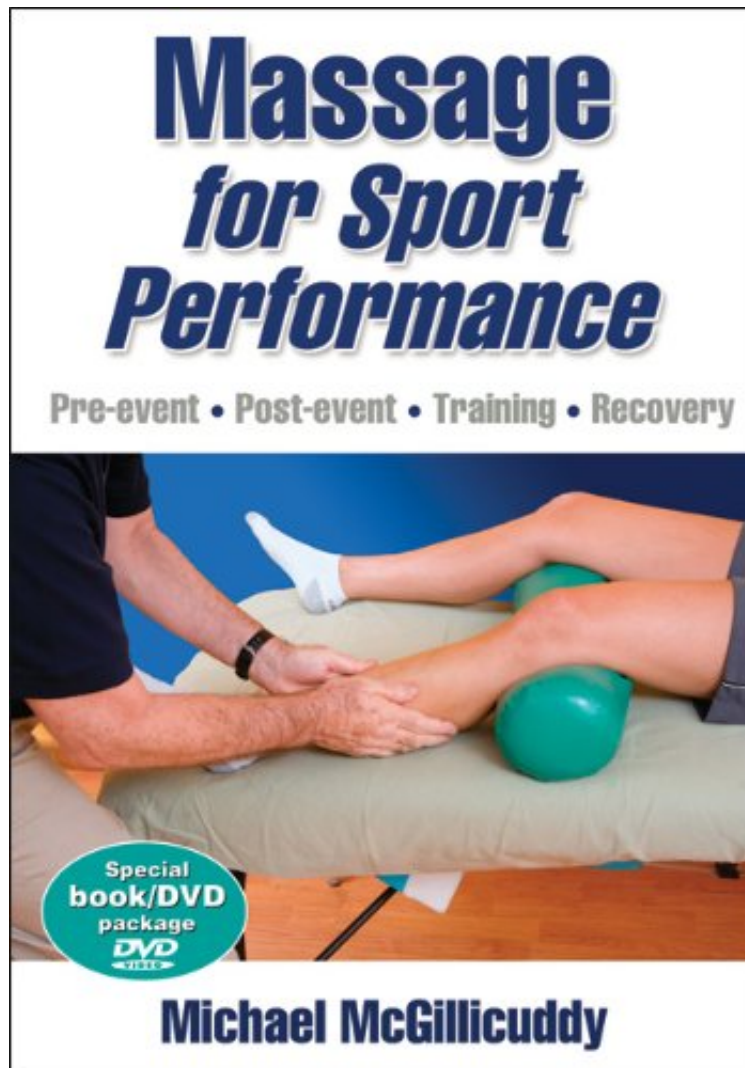


Massage for Sport Performance

Michael McGillicuddy

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Michael McGillicuddy : Massage for Sport Performance before purchasing it in order to gage whether or not it would be worth my time, and all praised Massage for Sport Performance:

7 of 7 people found the following review helpful. Basic but gets the job done
By kylmt I'm a 7 year LMT. I've dabbled in Sports massage techniques but needed some ideas in how to explain the difference between deep tissue and sports massage. This book did this in such a great way it exceeded my expectations on that front. The only reason I didn't give the package 5 stars was because it wasn't written for an advanced massage therapist so it seemed very elementary most of the time.
0 of 0 people found the following review helpful. Easy to follow
By Alex When I first learned sports massage in school, I really didn't like it because the video they showed moved too fast and I felt like I couldn't

adequately learn any of the techniques. However, this DVD/book is a great guide! The pace of the techniques they showed was great, easy to follow along, and I feel like I can easily incorporate what I learned into my massages. Now I won't be so hesitant when someone asks for a sports massage. 0 of 0 people found the following review helpful. Good deal
By Kindle Customer
Good full book. Helpful pictures and useful for massage

Train harder, recover quickly, and improve performance! Today's top athletes rely on sport massage to stay healthy, at the top of their game, and a step ahead of the competition. With *Massage for Sport Performance*, you can too. In this special book and DVD package, renowned sport massage therapist Michael McGillicuddy demonstrates the same techniques he has used to train and prepare the world's elite track and field athletes for Olympic competition. *Massage for Sport Performance* will show you how to: perform both self-massage and partner-assisted massage; administer the most effective routines for pre- and postcompetition; stretch, warm up, and activate primary muscles; treat critical muscle groups for elevated performance; speed recovery; and minimize injury, pain, and fatigue. Throughout you'll also find advice, tips, and variations for specific sports as well as massage recommendations for basketball, running, track and field, soccer, and swimming. With step-by-step instruction, photo sequences, and video demonstrations of the primary techniques, *Massage for Sport Performance* is the definitive guide for players, coaches, and athletes alike.

Michael McGillicuddy offers clear and organized information for results-oriented outcomes. Benny Vaughn LMT, ATC, CSCS -- Athletic Therapy Center, Fort Worth, Texas USA
From pre- and postevent massage to injury prevention, assessment, and treatment, athletes and therapists will benefit from the breadth and depth of *Massage for Sport Performance*.
Leslie A. Young, PhD -- Editor in Chief, *Massage Bodywork Magazine*
About the Author American Massage Therapy-certified sport massage therapist Michael McGillicuddy is a sports massage certified massage therapist and a sought-after professional in his field. He has worked with numerous elite athletes and at national competitions for the Association of Tennis Professionals (ATP), the U.S. Figure Skating Association, U.S. Fencing, and at the Atlanta Olympic Games. McGillicuddy graduated from the Florida School of Massage Therapy and is an approved provider for the Florida State Board of Massage Therapy and the national certification for massage and bodywork. His education has been shaped by leading sport massage therapists, including Benny Vaughn, Jack Meagher, Aaron Mattes, and Rich Phaigh. McGillicuddy owns the Central Florida School of Massage Therapy in Winter Park, Florida, where he teaches and practices sport massage. He lives in Orlando, Florida.