

Coastal Carolina University
Athletic Training Department
Policy and Procedure Manual
Massage Therapy
Revised/Reviewed 8/2012

INTRODUCTION:

Physiological benefits of massage therapy are well-documented. The focus on this service is to provide another level to the recovery process for those student-athletes that require additional care due to: chronic injuries, high repetition position, and inflexibilities.

GOALS:

To utilize massage therapy and integrate those services in the Sports Performance model to treat acute and chronic injuries, and movement deficiencies.

PROCEDURES:

Massage therapy services will be directed by team physicians, utilizing the following criteria:

1. Medical History, including acute injuries
2. Movement deficiencies
3. Nature of sport and position played (if applicable)

Fully licensed massage therapists will be chosen by the Department of Sports Performance, in accordance to University policy and procedures.

