

Level 3 Sports Massage Mock/Exam Protocol.

Time	Procedure
5 minutes	Postural Assessment & Range of Movement
30 minutes	Hands on Treatment
5 minutes	Pre-Event Massage
5 minutes	Post-Event Massage
10 minutes	Client Feedback (to include exercises for your client)

Make Sure You Study the Marking Criteria!

The below routine is a framework that you should adjust to your client's needs; you can incorporate your further assessment and more specific work in the areas necessary (can include side-line or seated work).

After your Range of Movement and Postural Assessment place your client prone (face down) on the couch and cover them with towels.

1. Prone Work – Full back massage

- Standing at the side or the head of the couch perform a **Full Back Massage** routine (effleurage, ironing, kneading and wringing).
- Take your time to cover the whole of the back surface in detail thoroughly warming the soft tissue ready for your more in-depth work. **This should take about 10 minutes.**
- You can now focus on your more specific work using fists, elbows, forearms etc. on the (back) areas that you consider need this work.

2. Supine Work- Arms; Deltoid/Traps/Pecs

- Turn your client over, standing at the side of the couch perform your warming up moves on **the arm, take your time making sure to include the Deltoid, Trapezius and Pectoralis muscles.**
- Please make sure you thoroughly warm this area before moving onto deeper work (to include Massage with Movement of joints and Passive Stretching, where you see necessary)

3. Further Supine Work- Neck/upper torso

- Following on from your work on the arms, stand at the head of the couch and thoroughly warm the **anterior shoulder muscles, the upper trapezius and the anterior and posterior of the neck up to the occipital ridge.**
- Your treatment here must include the front of the **Pectoralis group**, over the **Deltoids** up into the neck muscles - **Sternocleidomastoid** and the **Scalene group.**
- Take your time reassuring your client making sure they feel relaxed. Focus then on deeper work where necessary, finishing with stretches for the neck and shoulders.

The examiner is looking for your massaging techniques to flow from one move to the next, for your treatment to make sense, and for there to be a clear distinction between your warming-up techniques and your moves to break down scar tissue etc (your deeper tissue work)

Pre/Post Event Massage

When instructed by the examiner, move on to your pre/post massage routine