



SYMBOLS AND COLORS

	Notes on sports and athletes		Definitions
	Warnings and contraindications		Maneuvers shown in the videos
	Recommendations and indications		Sports massage
	Analysis of anatomy, physiology, and medical aspects		Stretching
			Joint mobilization

Videos



Sports massage: practical methods

- Basic positions
- Stroking
- Friction
- Kneading
- Percussion
- Vibration
- Maneuvers with pressure
- Transverse massage
- Rolling
- *Palper rouler*

Treatment of the lower limb

- Treatment of the foot
- Treatment of the posterior muscles of the lower leg
- Treatment of the anterior muscles of the lower leg
- Treatment of the medial muscles of the lower leg
- Treatment of the posterior muscles of the thigh
- Treatment of the adductor muscles of the thigh
- Treatment of the quadriceps femoris
- Treatment of the anterior and medial muscles of the thigh
- Treatment of the iliotibial tract
- Treatment of the gluteus muscles
- Treatment of the piriformis
- Treatment of the ligaments of the tibiotarsal joint
- Treatments of the tendinous insertions above and below the patella
- Treatment of the sciatic tendinous insertion of the posterior muscles of the thigh
- Overall treatment of the lower limb

- Stretching of the posterior muscles of the thigh
- Stretching of the quadriceps femoris
- Stretching of the adductor muscles of the thigh
- Stretching of the piriformis
- Stretching of the muscles of the lower limb
- Mobilization of the coxofemoral joint

Treatment of the trunk

- Treatment of the abdominal muscles: dynamogenic technique
- Treatment of the muscles of the abdomen
- Treatment of the abdominal oblique muscles
- Treatment of the iliopsoas
- Treatment of the diaphragm region
- Treatment of the pectoral muscles
- Treatment of the lumbar region of the spine
- Treatment of the dorsal region of the spine
- Treatment of the cervical region of the spine
- Overall treatment of the spine
- Stretching of the iliopsoas
- Stretching of the posterolateral lumbar region
- Stretching of the paravertebral lumbar muscles
- Mobilization of the lumbar spine
- Mobilization of the dorsal spine
- Mobilization of the cervical spine

Treatment of the upper limb

- Treatment of the arm
- Treatment of the shoulder
- Treatment of the scapula
- Overall treatment of the upper limb
- Mobilization of the glenohumeral joint

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