

Guide to appointing a Sports Massage Therapist **W100 Tournaments**

When selecting a Sports Massage Therapist, the candidate should:

- Be a licensed and certified, formally trained massage therapist.
- Be able to converse, read, and write in English.
- Have two (2) years of experience in sports massage, preferably at the elite level.
- Have current professional liability coverage in the host country.
- Be familiar with the management of sports injuries and tennis-specific injuries.

- A licensed/certified/registered Physiotherapist or similarly qualified professional, e.g., Osteopath, Chiropractor or Kinesiologist, may be hired to perform the massage if a Sport Massage Therapist is unavailable.

It is recommended the Sport Massage Therapist holds sports specific training in techniques such as:

- Active/Passive Movement Techniques
- Deep Tissue
- Friction
- Ice Massage
- Myofascial Cupping
- Myofascial Release Techniques
- Positional Release Techniques
- Neuromuscular Therapy
- Reflexology
- Swedish Massage Technique
- Trigger Point Therapy

You should advise Massage Therapists not to:

- acupuncture
- dry needle
- manipulate joints
- administer or recommend any homeopathic remedies, herbs, or natural products.
- refer a player to any medical practitioner or natural health practitioner.
- recommend any “over the counter” medical products or health remedies.

Ask for the resume / curriculum vitae and look for these qualifications when making your selection.

For any assistance in reviewing a candidate’s credentials or sourcing a suitable massage therapist, please contact Elaine Maclagan via email: elaine.maclagan@itftennis.com