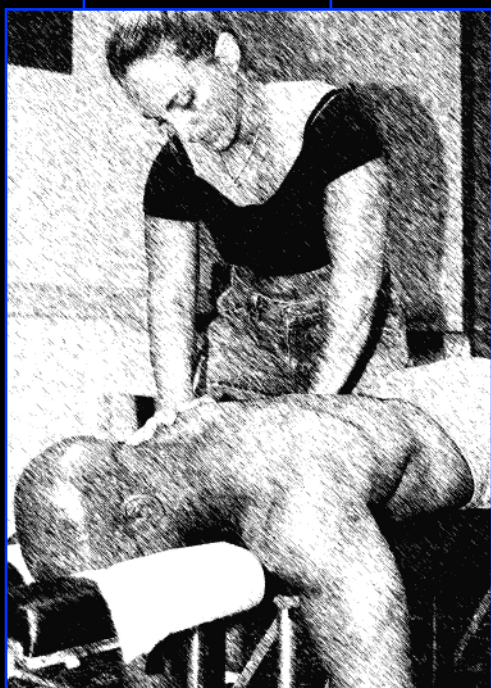


MASSAGE POWER

The effects of pre-event massage on power and flexibility



Original Research

McKechnie, G.J.B., et al. Acute effects of two massage techniques on ankle joint flexibility and power of the plantar flexors *Journal of Sports Science and Medicine* 6:498-504, 2007.

EMPLOYING MASSAGE IS A COMMON PRACTICE. THE QUESTION IS, DOES IT DO ANYTHING TO IMPROVE PERFORMANCE?

It seems that every major professional and college sports team has massage at their disposal. Massage after training, massage after competition, massage during recovery days...it is considered an important part of sports preparation. The idea is that massage is supposed to help with warm-up and recovery. The problem is that this is a common belief without much science behind it. While some research has been done on massage for recovery, not much has been done on massage before athletic events. Recently a group of Canadian and Australian researchers did a study to look at the effects of massage on flexibility and power.

Power Key: petrissage, massage, power, range of motion