

ABSTRACT

IS SPORTS MASSAGE A BETTER ALTERNATIVE TO STATIC STRETCHING IN PRE-COMPETITION WARM-UP?

The purpose was to determine whether sports massage is more effective than static stretching in preparing an athlete for maximum performance. Seventeen college students participated in three measurement sessions where baseline, static stretch, and sports massage scores were recorded for range of motion, time-to-peak torque, and peak torque.

The static stretching treatment consisted of three quadriceps stretches held for 20 seconds, repeated three times each interspersed with a 10-second rest period. The same sports massage treatment was administered by a certified massage therapist and consisted of 5 minutes of various pre-competition techniques.

Results of a one-way repeated measure ANOVA revealed a significant increase in range of motion after both the static stretch and sports massage treatments, but showed no main effect for time-to-peak torque and peak torque production. Static stretching and sports massage both increased muscle length, but failed to detrimentally impact maximum performance.

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May 2004