

## **Guide to Appointing a Sports Massage Therapist** **W/M15, M25, W35, W50, W75, W100**

It is the Applicants [National Association & Tournament Organiser] responsibility to ensure the candidate for the tournament's Sports Massage Therapist meets the relevant requirements.

When selecting a Sports Massage Therapist the candidate must:

- be a licensed and certified, formally trained massage therapist.
- have two (2) years of experience in sports massage, preferably at the elite level.
- hold all professional liability insurance\* coverage to treat athletes in the host country of the tournament
- be able to converse fluently, read and write in English.
- be familiar with the management of sports injuries and tennis-specific injuries.
- A qualified 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 candidate 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.

Please ask for the Resume and look for these qualifications when making selection.

For assistance in reviewing a candidate's credentials or sourcing a Sports Massage Therapist please contact our ITF Physiotherapist Consultant - [Elaine.maclagan@itftennis.com](mailto:Elaine.maclagan@itftennis.com)

\* If such insurance is unavailable to the Sports Massage Therapist then they should be insured by the Applicant [Tournament Organiser and/or National Association]. If it is difficult to find insurers, contact [womens@itftennis.com](mailto:womens@itftennis.com) or [mens@itftennis.com](mailto:mens@itftennis.com) where advice on insurers can be provided.