



Applied Performance Sports Massage (APSM)

Applied Performance Sports Massage is a new and innovative approach to sports massage where you will learn to work with an athlete not just their injury. You will learn the methods of performance, recovery, and therapeutic massage and the focus of each. You will have a basic understanding of the biomechanics of athletes in several different sports and how they can work together to create the total event for the athlete. You will understand the pre and post event massage as well as periodization massage techniques. You will know the equipment needed and simple marketing strategies to have a successful event.