

3rd International Conference and Exhibition on

Physical Medicine & Rehabilitation

May 18-20, 2015 San Antonio, USA

Russian Sports Massage (RSM)

Guadalupe Genis-Gonzalez

Fremont College School of Sports and Rehabilitation Therapy, USA

Russian Sports Massage (RSM) is an advanced manual techniques for reducing pain due to Neuro-Muscular Dysfunctions and for maintaining and enhancing functional performance. It is very rare to find an MT who is certified to perform the therapy in California. Learning to work with athletes and witnessing their performance increase as a result of our educated touch is an inspiring and memorable experience. Russian sports massage is strictly performed when using to help athletes reach Peak performance. For instance using, oil and a 14-16 inch bolster is key to this therapy. RSM can also be applied with any modality and be looked at as a therapeutic approach, which is very unique as well. Learning how to incorporate these techniques towards anyone who is suffering with pain and any unknown or undiagnosed pathology/ disease can be treated and receive comfort. RSM focuses on working with the Nervous System and while being performed the therapist works with the midlines of the body. The person receiving RSM should wait 2-4 hours after a meal, or 6 to 8 hours after working out to receive therapy. All Massage interrupt digestion and interfere with rehabilitation after a workout.

Biography

Guadalupe Genis-Gonzalez the age of 27 years old is a Licensed Massage therapist and has completed her associate of science degree in sports and rehabilitation therapy, and is presently pursuing her Bachelor's degree in Business leadership from Fremont College where she is also a charter member of the Alpha Beta Kappa Honor Society and Student Ambassador. She has previous experience working with professional athletes and worked two seasons with the Los Angeles Sparks WNBA Team and where she also completed her Sports Medicine Internship. She is looking forward to making her special techniques known through the world of Sports Medicine and Rehabilitation therapy.

lupegenis@yahoo.com

Notes: