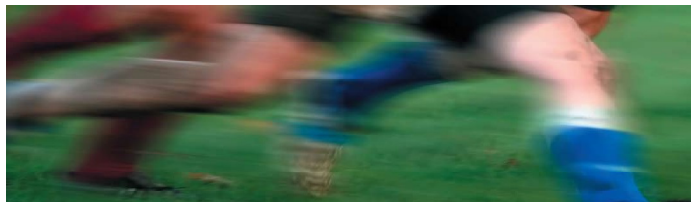


Title:

**Evidenced-based massage.
Part 2**



Abstract:

This part of the article look more closely at the role of sports massage, the growing demand for it, its aims and effects and the perceived benefits it brings, all in the context of the current evidence base. Although research into sports massage raises more questions than it answers, there remains a clear belief in its benefits. While robust research is somewhat lacking, the growing demand for sports massage increases. Sports massage maintains a high profile and is more and more widely recognised by both professional and recreational athletes, especially those involved in contact sports or highly physical sports. If sports massage didn't work, elite athletes would not clamor for its use. The potential of sports massage in the future is enormous. The take-home message is quite simple: don't get beleaguered by all the literature – just go out and get on with it!



Full article available: - *sportEX dynamics* 2010; 23(Jan):10-13



AUTHORS

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Graduate Sports Therapist Nick Dinsdale and his daughter Nicola run NJD Sports Injury Clinic in Clitheroe. The family clinic is recognised for its strong 'evidence-based' approach to the management of musculoskeletal conditions and ongoing personal professional development. This often involves research into topics and issues.

Nick specialises in researching lower limb biomechanics, particularly foot function with respect to cycle racing. In addition to advising professional cyclists, Nick often delivers private workshops and presents at Conferences. Nick has served on the Executive Committee of The Society of Sports Therapists and has worked with GB cycling teams, Manchester Wheelers, English Fell Running teams and assisting Nicola at Blackburn Rugby Union club.

Nicola is the official Sports Therapist for Blackburn RUFC. Nicola won the prestigious Bruce Hobbs Annual Travelling Scholarship for 2010, awarded by The Society of Sports Therapists. This involved working as voluntary Sport Therapists with a Ghanaian Premier League football team.