Coosa Valley Technical College
Pre- and Post-Race Assistance

Massage and Medical Assistance:
FREE pre- and post-race massage will be provided by Coosa Valley Technical College.
There are many benefits to massage:
Pre-Race - the goal is to:
- Stimulate nervous system
- Increase circulation
- Oxygenate, warm up large muscle groups
- Assistance with stretching
- Clear hip for greater range of motion
- Decrease chances of injury
- Mental focus

You will need to:
- Register / medical history and release form (per CVTC). Complete prior to 7:00 a.m. if possible.
- Receive Treatment within 40 minutes prior to race. Treatment too early will be ineffective and have to warm up all over again or MAINTAIN ,thus, depleting energy.
- Athlete should warm up prior to getting on a table.
- Session will take 12-20 minutes depending on need.

Post Event - the goal is to:
- Inhibit nervous system, bring them back down.
- Encourage homeostasis (balance of internal environment) of nervous and muscular systems -, thus the importance of hydrating prior to treatment.
- Lengthen soft tissue from shortened state
- Release spasms
- Enhance physiologic repair
- Speed up / shorten recovery time
- Address injury within our scope of practice
- Refer out as appropriate to on site first responder or healthcare professional.

Athletes need to recover and hydrate for 30 minutes prior to being assessed and receiving treatment. Not just wait 30 min and drink a bottle, but hydrate for 30 minutes. A qualified health professional will assess all athletes prior to receiving a post event massage. (Vitals, BP, pupils, coherence). There are conditions which contraindicate the use of massage therapy post event.