

Massage as a universal medical procedure in the athletic field and its benefits.

History has shown us significant changes brought about by different civilizations. These civilizations arose and disappeared, but the concept of massage has remained as we know it today. Each civilization contributed significant insights and interpretations to massage and its applicability as a therapeutic medical procedure in the field of sports.

In their quest to investigate the origin of things, human beings did not exclude massage, but due to the extensive and deep nature of its roots, assigning its creation to an individual or society would be unfair.

After an exhaustive review of both ancient and contemporary scientific material, I came to the conclusion that massage is nothing other than primitive reflexes inherent in human beings.

In this sense, researchers and scientists in the field based their work on these primitive reflexes to develop the protocols that are implemented worldwide today. The classification of massage in sports is as follows:

- 1- Pre-competition massage
- 2- Post-competition massage and
- 3- Physical Recovery or Restoration Massage

Based on my field experience, I have noticed with concern within the long-distance running community that Recovery or Physical Restoration Massage is being referred to as "Download Massage," as it seems to be the trendy term.

This concern motivated me to write this article, precisely to demystify the misuse of the term "RELEASE MASSAGE," since at no point during the application of the massage does the masseur, therapist, or practitioner perform any kind of "release" of physical work from training. The only one who knows, plans, and distributes training loads is the coach, as they are responsible for the athletic development of their trainee, thus avoiding training overload.

In that sense, I believe that referring to it as a "release massage" is a colloquial interpretation, but definitely inappropriate from the perspective of massage theory terminology. Hence, the importance of having a sufficiently clear understanding of basic theoretical knowledge to avoid confusion between terms and, consequently, in its application. This naive interpretation facilitates errors in the application of the massage, making it counterproductive.

Massage is a subtle yet incredibly powerful tool in all areas of life. Among its many benefits are:

- **Facilitate the drainage of metabolic waste products resulting from intense training**
- **Promote muscle relaxation**
- **Improve blood circulation**
- **Mobilize soft tissue: muscles, tendons, ligaments, and fascia**
- **Reduce muscle tension and**
- **Optimize physical capacity for future commitments.**

Based on the above, it is of utmost importance that massage colleagues and enthusiasts adhere to the established protocols, as these have been studied and tested by professionals and scientists in the field, designing appropriate and specific techniques and methodologies for each type of massage with the aim of enhancing athletic development.

With this I conclude, that Recovery or Physical Restoration Massage should be a structural part of every training process and should never be replaced by the term "Recovery Massage".

“The massage is the winning card that splits the deck of cards.”

Dr. Nelson Plaza