

# Sports Massage I & II



**with John Balletto, BSc, LMT, CKTP**

**Learn how to practice Event Sports Massage successfully!**

## Class Schedule

March 7 & 8, 2026 | March 21 & 22, 2026

**Time:** 9am-4pm each day

**12 CE** hours per weekend, **24 CE** hours total

**Cost:** \$425 per weekend

**\$750** for complete certification (2 weekends)

**Learn how to become proficient with event sports massage techniques that would enable you**

**to share in the extreme energy sports events that are offered around the state!**

## Sports Massage Curriculum Objective

To teach a working competence in event sports massage and to teach an introduction to the assessment and treatment of chronic injuries/conditions using sports massage techniques for recovery, and rehabilitative massage, for casual, recreational, competitive, and professional athletes; and to develop basic marketing strategies to promote massage therapy in a variety of practice settings.

## Course Description

This 24-hour course is taught over two weekends and introduces students to the exciting world of working with active people—the casual fitness enthusiast; adolescent, high school, and collegiate athletes; recreational and weekend competitors; masters and senior athletes; the disabled athlete, and of course, the elite and professional sportsman. The course includes pre- and post-event massage, joint mobilization, thermal problems, proprioceptor neuromuscular facilitation, cryotherapy, and other techniques with supervised practical time.

Attendance and participation make this course Pass/Fail.

### The course will

1. Address the history of massage in athletics.
2. Include the demonstration and practice of appropriate massage techniques for on-site sports events, techniques used during the stages of preparation for, recovery from, rehabilitation from injury when necessary, and restoration of the athletic body.
3. Help students understand the needs of specific active/athletic populations including the adolescent, the masters, the senior, the elite, and the disabled athlete.
4. Discuss recent advances in the current massage therapy literature on working with athletes
5. Assist students in developing marketing strategies to promote their services to active and athletic populations.

Participate in 24 hours of classroom time with supervised assistance.

The two weekends explore the basic techniques and information of Sports Massage:

**Pre- and Post-Event Massage**

**Joint Mobilization**

**Thermal Problems**

**Proprioceptor Neuromuscular Facilitation**

**Cryotherapy**

**And MORE!**

### Required Text

Sports Massage, Susan Findlay, Champaign, IL; Human Kinetics

(Book is available in the DSM Store, [www.dsmstore.net](http://www.dsmstore.net), 207-832-5531.)

### Instructor

**John Balleto, BSc, LMT, CKTP**, a graduate of Bates College, Lewiston, ME, is a licensed massage therapist, author, educator, researcher and certified KinesioTaping® Practitioner in private practice in Providence, Rhode Island. He is past National Vice-President of the American Massage Therapy Association, past President of the Massage Therapy Foundation and a member of the Associated Bodywork and Massage Professionals, the Alliance for Massage Therapy Education, the Fascia Research Society, the Kinesio Taping® Association International and an affiliate member of the American College of Sports Medicine. In addition to his private practice, he serves as a peer reviewer for several massage therapy publications and as the massage therapist for several collegiate and professional athletic teams, John currently serves as the Chair of the RI State Board of Licensed Massage Therapists. John is an avid sculler, gardener, beekeeper and nature photographer. He lives with his wife, Janet, in Warwick, RI.

John teaches Sports Massage at DSM.