

## ABSTRACT

### **Sport Massage: Benefit and Focuses of Area What Massage Therapy Needs for Caver During Vertical Caving Activity**

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Caving is an adventure activity that involves exploring underground cave system and passage and often undertaken for the enjoyment of the outdoor activity or for physical exercise. Many caves contain vertical drops, which require special techniques to explore. Vertical caving is a specialized sport that should be undertaken only after acquiring knowledge of, and expertise in, proper vertical caving equipment and its use. Sports massage can be done before, during or after caving activity. It can help prevent injury and help to recover from physical activity. Sports massage is focused and systematic, targeting muscles that are used in a specific sport. It uses various techniques to decrease muscle pain and improve recovery, as well as improve overall range of motion and flexibility to support safe and effective movement. Sports massage provides benefits in reducing muscle tension, improving circulation, and increasing flexibility. When muscles are tight and tense, they become more susceptible to strains, tears, and other injuries. Regular sports massage can help maintain muscle flexibility, reducing the risk of muscle-related injuries. Sports Massage is a technique of massaging/kneading with the hands (manipulation) on soft parts of the body using manual or mechanical procedures carried out methodically and rhythmically with the aim of producing physiological, prophylactic and therapeutic/treatment effects on the body. This manipulation is carried out systematically and sequentially according to the anatomy of the human body.

Keywords: Vertical Caving, Sport Massage, Benefit.