



As a result of the current COVID-19 pandemic - particularly with respect to the government guidelines around staying at home and practicing social distancing - we are cognizant that the majority of you, our aquatic athletes, are relying on dry-land work as a vehicle to maintain your fitness and conditioning. We are also aware, as is the case with any new training stimulus, that many of you are likely to be experiencing an unwelcome increase in muscular aches/pains as a response to this different type of training.

With that in mind, we are pleased to promote a series of short educational videos - created and presented by Remo Bucci - which were recently published by Canadian Institute of Sport Ontario (CSIO). Within these videos Remo introduces a series of simple self-massage techniques that will help you address a variety of the most commonly reported muscular and joint issues. Remo has been a Registered Massage Therapist since 1995 and a certified member of the Canadian Sports Massage Therapist Association (CSMTA) for the last 20 years. He is a respected Sports Massage tutor - with over 17 years teaching experience - and has worked extensively for various Canadian NSO's. He is currently a valued member of our Integrated Support Team at Swimming Canada.

Remo has composed an initial introductory playlist titled '*Massage at Home with Remo Bucci*' & '*Massage Tools with Remo Bucci*'. This 3-part playlist - accessed [here](#) - provides expert advice, and useful background, on how you can get the best out of this resource. We would strongly encourage that you watch this introductory playlist before undertaking any of the self-massage techniques.

Beyond that, the other videos are grouped into a number of key playlists - each focusing on a specific area of the body (see below). The first video in each playlist provides a simple overview of relevant anatomy & physiology - and, importantly, the key things to consider when applying self-massage to that region. Again, we would strongly encourage you to watch all of the videos (in any particular playlist) before performing a technique.

Finally, please exercise caution when employing any of the self-massage techniques contained within this video library. It is your responsibility to ensure that you understand the guidance provided, work within your own individual capabilities and stop any activity immediately if you experience discomfort (and seek medical advice if necessary).

If you have any questions, please contact Johnny Fuller (Swimming Canada | Manager, Paramedical Services) at [jfuller@swimming.ca](mailto:jfuller@swimming.ca)

Playlist #1: Massage at Home with Remo Bucci (Introduction)

<https://www.youtube.com/watch?v=YApVmPlqWX8&list=PLpUnd82Vizm8ZRwpMCoEGxW0hCGNpuAtv>

Playlist #2: Gluteal & Hip muscles

<https://www.youtube.com/watch?v=CGd6oqMiucM&list=PLpUnd82Vizm9gaqj-10nL3rCgSbJ4dzVB>



Playlist #3: Calf muscles

<https://www.youtube.com/watch?v=GhNCIJ9KfEs&list=PLpUnd82Vizm-jogw8G6rwcHWWhNmbWNifE>

Playlist #4: Quadricep muscles

<https://www.youtube.com/watch?v=sgS8V14ps4M&list=PLpUnd82Vizm9UToOBJbFUyqdt2jMTL82T>

Playlist #5: Hamstring muscles

[https://www.youtube.com/watch?v=Wb7D7Jfof60&list=PLpUnd82Vizm9nrDJ-n1OWiH\\_uvKFclloK](https://www.youtube.com/watch?v=Wb7D7Jfof60&list=PLpUnd82Vizm9nrDJ-n1OWiH_uvKFclloK)

Playlist #6: Hip Flexor muscles

[https://www.youtube.com/watch?v=qg1PK4EleQo&list=PLpUnd82Vizm\\_1uZoTmLy5frRSAyeAu1mi](https://www.youtube.com/watch?v=qg1PK4EleQo&list=PLpUnd82Vizm_1uZoTmLy5frRSAyeAu1mi)

Playlist #7: Adductor muscles

<https://www.youtube.com/watch?v=xqwPdMS-E0c&list=PLpUnd82Vizm9XBew3YmsxvzCSuUJGZ0Ls>

Playlist #8: Shin Muscles

[https://www.youtube.com/watch?v=Xd4uJx\\_8FwU&list=PLpUnd82Vizm9itUDbj\\_m6q0gTpomzPcLX](https://www.youtube.com/watch?v=Xd4uJx_8FwU&list=PLpUnd82Vizm9itUDbj_m6q0gTpomzPcLX)

Playlist #9: Foot Muscles

[https://www.youtube.com/watch?v=AIR4CQ06VM&list=PLpUnd82Vizm\\_kc-YPxdfKCv5DkRZETN8H](https://www.youtube.com/watch?v=AIR4CQ06VM&list=PLpUnd82Vizm_kc-YPxdfKCv5DkRZETN8H)

Playlist #10: Shoulder & Arm Muscles

[https://www.youtube.com/watch?v=Kx-shqT3GfM&list=PLpUnd82Vizm\\_ndu68ogWGoyWhX9PCBDYy](https://www.youtube.com/watch?v=Kx-shqT3GfM&list=PLpUnd82Vizm_ndu68ogWGoyWhX9PCBDYy)

&

[https://www.youtube.com/watch?v=B5plvXZmsSc&list=PLpUnd82Vizm\\_6l8RNF5Vbadt17yPJ09MI](https://www.youtube.com/watch?v=B5plvXZmsSc&list=PLpUnd82Vizm_6l8RNF5Vbadt17yPJ09MI)

Playlist #11: Forearm & Hand Muscles

<https://www.youtube.com/watch?v=S1GrGrRzMo&list=PLpUnd82Vizm9tsiQpPbfShxGSKBiKKNZc>

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[https://www.youtube.com/watch?v=iRIJMw2LDS8&list=PLpUnd82Vizm\\_q8gXFy-tiT9\\_7J6PccW5v](https://www.youtube.com/watch?v=iRIJMw2LDS8&list=PLpUnd82Vizm_q8gXFy-tiT9_7J6PccW5v)