

PROFESIONAL MASSEUR IN FOOTBALL CLUB
(Study at MADURA FC Football Club in Sumenep Regency)

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ABSTRACT

Football is a sport that requires physical conditions, fast and explosive movements, so a football player must maintain his body condition, in order to play well and avoid injury. Therefore, a football team must have a masseuse. Massagers who are in charge of assisting soccer athletes in stretching muscles and also helping to restore muscle injuries. This research wanted to know how the profession of a masseuse, educational qualifications, certified or licensed, the injuries handled and the main duties of the masseuse at the football club in Sumenep. The data source of this research is the Masseur staff profession owned by the MADURA FC club, Sumenep Regency. The data collection technique uses descriptive qualitative research methods, namely interviews. Interviews were conducted with a resource, namely a Masseur staff at Club MADURA FC. Based on the results of the interview, it was known that a Masseur staff had attended Massage training, the main task of a Masseur in a Football Club is to handle injuries during training and matches and to treat players before or after the match according to injuries experienced by athletes, usually injuries that are often experienced by players. among others, ankle, hamstring, cramp, knee injuries. Therefore the manipulations that are often done by the masseuse or Masseur in handling players are rubbing, massaging, grinding and shaking.

Kata Kunci : *Football, Injury, Massager*