

The Psychology Of The Body Lww Massage Therapy And Bodywork Educational Series

The Psychology of the Body, Enhanced **Body Mechanics for Manual Therapists** **The Balanced Body Condition-Specific Massage Therapy** **Therapeutic Chair Massage** **Ethics for Massage Therapists** **Myology and Kinesiology for Massage Therapists, Enhanced Edition** Basic Clinical Massage Therapy Aromatherapy for Massage Practitioners Massage and Manual Therapy for Orthopedic Conditions **The Psychology of the Body** Massage Mastery **A Massage Therapist's Guide to Business** **Massage for the Hospital Patient and Medically Frail Client** **Study Guide to Accompany Anatomy and Physiology** **Medical Conditions and Massage Therapy** A Massage Therapist's Guide to Pathology Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists, Enhanced Edition Review for Therapeutic Massage and Bodywork Exams Introduction to Massage Therapy **Vertigo** **A Massage Therapist's Guide to Pathology** **Spa Bodywork** *The Massage Connection* The Balanced Body *Modern Hydrotherapy for the Massage Therapist* **Therapeutic Massage in Athletics** Coping with Kids *Massage for Orthopedic Conditions* **Body Mechanics for Manual Therapists: A Functional Approach to Self-Care** Anatomy and Physiology Eat to Beat Disease Introduction to Massage Therapy *Body Mechanics for Manual Therapists* **Outcome-Based Massage** Breast Massage **Myology and Kinesiology for Massage Therapists** Therapeutic Modalities Pharmacology for Massage Therapy **Nutrition in Clinical Practice**

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A Massage Therapist's Guide to Pathology Jun 19 2021 Now in full color and thoroughly updated, this Third Edition is an indispensable resource for massage therapy students and practicing massage therapists. This best-selling guide presents detailed information on over 200 diseases and conditions, emphasizing how massage influences the disease and healing processes and how therapists can maximize the benefits while minimizing the risks. The new art program features enhanced line drawings and full-color photographs of skin conditions ranging from mild to severe. A new appendix on medications explains how bodywork may influence the actions of various drugs. A back-of-book CD-ROM includes a self-testing tool, animations demonstrating pathophysiology concepts, and audio pronunciations for medical terminology.

Massage for the Hospital Patient and Medically Frail Client Sep 22 2021 This is an essential resource for learning massage in the acute care setting. As the need for massage in hospitals has grown, many massage therapists and massage students are developing their skills in this environment to broaden their practice and meet market demand. The text explores pressure adjustments, site restrictions, and positioning needs for hospital patients and medically frail clients. An easy-to-use conceptual format covers common medical devices and procedures, standard

precautions, the relationship between pharmaceuticals and massage, charting, and collecting patient data. Illustrations demonstrate body mechanics, draping, room preparation, and more.

Eat to Beat Disease Mar 05 2020 Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Coping with Kids Jul 09 2020 Offers parents advice on meals, bedtimes, school, vacations, rules, clothes, money management, and other aspects of raising their children

The Balanced Body Oct 12 2020 Now in vibrant full color, this fully updated and revised 4th Edition of Scheumann's *The Balanced Body: A Guide to the Integrated Deep Tissue Therapy System* reflects the latest research in the field and brings a beloved technique manual up to date with current standards for evidence-informed practice. This user-friendly resource helps students develop a clear understanding of a sequential, progressive bodywork approach for the entire body. The 4th Edition retains the original book's innovative approach to the integration of a variety of massage therapy approaches and adds new material that brings Scheumann's work into a modern context. New sections on research, updates on recent pain and fascia science, updated coverage of pathologies, and new material on client endangerment work, along with an enhanced array of teaching and learning resources, make *The Balanced Body* an important resource for both new and seasoned massage therapists. - New Postural Evaluation charts provide photographs of real-life clients along with basic questions that help readers identify important patterns and apply concepts. - New Endangerment Site drawings show areas of the body that require specific caution or care when doing massage therapy. - Revised and updated coverage on the role and latest research of fascia and pain science is integrated throughout. - New Pathology sections describe conditions or diseases that may impact bodywork choices for specific areas. - New in-book learning tools, including chapter objectives and postural evaluation guides, help students master the material and make the book easier to use. - A new pathology appendix provides more detail on relevant pathologic situations. - A new trigger point appendix provides trigger point charts for each body region. - New Cautionary Notes alert readers to special cases and situations. - A new full-color design clarifies key points and helps readers deepen their understanding of human anatomy as it relates to massage. - New test questions coordinate with ELAP guidelines. - Online videos feature the book's original author, Don Scheumann, demonstrating the how-to's of key techniques. - Session Impressions help students build critical thinking skills as they apply chapter material to real-world massage therapy scenarios. - Essential Anatomy boxes cover the crucial anatomical information that students must master before learning a technique. - Routines sections clarify the specific techniques to use when working on different areas of the body. - Holistic Perspective sidebars examine how culture, beliefs, and emotions may contribute to postural and movement patterns.

Anatomy and Physiology Apr 05 2020 This package contains the following products: 9781605472836

Prekumar Study Guide to Accompany Anatomy & Physiology, 3e 9780781759229 Prekumar Anatomy & Physiology, 3e

A Massage Therapist's Guide to Business Oct 24 2021 This reader-friendly guide encourages students to master the essential business skills needed to develop themselves as massage therapy professionals. Whether they are interested in running their own business or working as an employee or business partner in a business, this book covers everything students need to know, from starting a business to managing finances to implementing policies and procedures. Relying on a "driving" theme that enforces how developing a massage business is a journey, the book includes several unique features, such as: --Roadside Assistance, where the author provides practical, hands-on advice from her own experience--My Personal Journey, which includes tools to help students document their own journey --Humorous cartoons to support a fun tone while clearly illustrating the author's recommendations for handling key business situations"

Therapeutic Massage in Athletics Aug 10 2020 This textbook on sports massage was created specifically for massage therapists, certified athletic trainers, and physical therapists who work with athletes. The author is an experienced massage therapy and athletic training educator and practitioner, and provides instruction on how to apply clinical massage techniques to athletes. The text is uniquely focused on the use and integration of basic sports massage, myofascial, neuromuscular, and lymphatic facilitation to enhance an athlete's performance potential and treat common athletic injuries and conditions. The book includes numerous diagrams and pictures of techniques to help readers visualize specific concepts and procedures. From the Field Boxes contain quotes from professionals who practice sports massage. Case Studies present common athletic injury scenarios and descriptions of treatment protocols.

Basic Clinical Massage Therapy Mar 29 2022 This superbly illustrated text familiarizes students with individual muscles and muscle systems and demonstrates basic clinical massage therapy techniques. More than 550 full-color illustrations of internal structures are embedded into photographs of live models to show each muscle or muscle group, surrounding structures, surface landmarks, and the therapist's hands. Students see clearly which muscle is being worked, where it is, where it is attached, how it can be accessed manually, what problems it can cause, and how treatment techniques are performed. This edition features improved illustrations of draping and includes palpation for each muscle. An accompanying Real Bodywork DVD includes video demonstrations of massage techniques from the book.

Body Mechanics for Manual Therapists: A Functional Approach to Self-Care May 07 2020 This best-selling text teaches students and practitioners the essentials of body mechanics they need to know in order to care for themselves while practicing massage therapy. The text is written in a practical, playful, and friendly manner and integrates kinesthetic, cognitive, and environmental elements.

The Balanced Body Sep 03 2022 CD-ROM includes 20 massage technique video clips, 10 Acland anatomy video clips, anatomy figures from the text, chapter quizzes.

Spa Bodywork Dec 14 2020 This textbook guides massage therapists through each step of delivering a spa treatment—from consideration of the indications and contraindications to scope of practice issues, supplies, room set-up, specific procedure steps, and ideas for integrating massage techniques, spa products, and enhancing accents. While wet-room treatments are discussed, the focus is on dry-room treatments, which can be delivered in a wider variety of settings. More than 250 full-color photographs illustrate each technique and treatment. Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step-by-step procedures section. Sanitation Boxes offer clean-up and sanitation tips. Sample Treatments include promotional descriptions, product recommendations, and recipes for creating inviting smell-scapes.

Vertigo Feb 13 2021 Rob Hasson was an Air Patrolman, one of the best, until the day someone jumped him in mid-air and sent him hurtling into a fall that should have killed him. Now his mind, still tormented by memories of the shrieking air and rushing ground, protects his patched-together body by refusing to let him fly again. And what use to anyone is an Air Patrolman who's afraid to fly?

Rob Hasson thinks he's a coward. No one could have foreseen the chain of events that would prove him wrong.

Nutrition in Clinical Practice Jun 27 2019 Written by one of America's foremost authorities in preventive medicine, *Nutrition in Clinical Practice, Second Edition* is the practical, comprehensive, evidence-based reference that all clinicians need to offer patients effective, appropriate dietary counseling. This fully revised edition incorporates the latest studies and includes new chapters on diet and hematopoiesis, diet and dermatologic conditions, and health effects of coffee, chocolate, and ethanol. Each chapter concludes with concise guidelines for counseling and treatment, based on consensus and the weight of evidence. Appendices include clinically relevant formulas, nutrient data tables, patient-specific meal planners, and print and Web-based resources for clinicians and patients.

Therapeutic Chair Massage Jul 01 2022 Featuring more than 250 full-color illustrations and photographs, *Therapeutic Chair Massage* offers detailed instructions on the appropriate massage strokes, stretching techniques, and therapeutic routines to use in seated massage for both relaxation and specific therapeutic applications. The book also provides foundational information on equipment, hygiene, sanitation, safety, contraindications, communication and documentation, body mechanics, and establishing a seated massage business. Each chapter includes hands-on Experiential Exercises; Case Studies with critical thinking questions; Clinical Tips from the author's experience; and Of Special Interest Boxes that contain related and interesting information. Contraindications lists specify conditions that prohibit or limit the use of a particular stroke or technique.

Pharmacology for Massage Therapy Jul 29 2019 Written specifically for massage therapists, this excellent text makes the basics of pharmacology easy to understand. It explains the biochemical and physical effects and actions of a wide variety of drug classes, explores how they move throughout the body, and addresses the use of drugs to prevent and treat diseases. This cutting-edge text also introduces a deductive reasoning process that can be used to develop safe individualized bodywork protocols for clients receiving drug therapy. Readers will learn a practical method for assessing the effects of drug therapies on their clients and the implications for massage therapy.

The Psychology of the Body, Enhanced Nov 05 2022 Prepare your students to appropriately identify, understand, and respond appropriately to the phenomenon of emotional release during massage and bodywork! This new edition continues to provide a crucial basis of knowledge for massage therapy and students regarding the emotional impact of effective massage therapy. With a new, more colorful layout, this new edition has been fully revised to address the latest science around this topic. Furthermore, in-text features aim to help students apply their learning to actual practice as a massage therapist.

Modern Hydrotherapy for the Massage Therapist Sep 10 2020 This text offers a modern approach to hydrotherapy—the use of water, ice, steam, and hot and cold temperatures to improve or maintain health—as performed by massage therapists. Authored by an experienced massage therapist, this book presents clear, uncomplicated explanations of how hydrotherapy affects the body, and then demonstrates a wide variety of hydrotherapy treatments. The book suggests how massage therapists may use hydrotherapy treatments before and during massage sessions, or give these treatments to clients to do between sessions for faster and better results. The author presents real-life examples and case studies obtained through interviews with massage therapists, athletic trainers, physical therapists, naturopathic doctors, aquatic therapists, and medical doctors treating patients in a medical hydrotherapy setting.

Introduction to Massage Therapy Mar 17 2021 This massage therapy textbook enables readers to translate the fundamental knowledge base for massage into practical applications both in class and in practice. Students will learn functional anatomy and physiology integrated with massage therapy techniques in addition to exploring the fundamentals of history, medical terminology, pharmacology, assessment, documentation, ethics, pathology, self-care, and more. Now every copy of *Introduction to Massage Therapy* comes with a DVD created by Real Bodywork.

Myology and Kinesiology for Massage Therapists Sep 30 2019 "This book is designed for

massage therapy students taking a Myology (study of muscles) and/or Kinesiology (study of movement) course as part of their massage curriculum. Because muscles permit our body's movement, these topics complement each other. Massage therapy is frequently defined as the systematic manipulation of soft tissue of the body for therapeutic purposes"--Provided by publisher. Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists, Enhanced Edition May 19 2021 With the use of dynamic visuals and kinesthetic exercises, Functional Anatomy, Revised and Updated Version helps readers to explore and understand the body's structures, regions, layer of the body, from bones to ligaments to superficial and deep muscles. Muscle profiles indicate origin, insertion, and innervation points while step-by-step instructions teach effective bone and muscle palpation.

Breast Massage Oct 31 2019 While most massage practitioners believe in the therapeutic value of breast massage, most do not have confidence in their skills in relation to this sensitive area of treatment. This groundbreaking book provides the knowledge and understanding that massage therapists need to be able to offer breast massage when appropriate, as part of the fundamental set of health care services we provide for those who choose massage therapy.

Aromatherapy for Massage Practitioners Feb 25 2022 This book is a complete guide for massage therapists interested in adding aromatherapy to their practice. It addresses practical concerns such as pricing sessions to account for the cost of oils, proper dilutions, sending products home with clients, and effective formulations for specific ailments. Case studies present specific ailments in clinical scenarios, with proper aromatherapy and massage treatments. Recipe Boxes provide directions for blending essential oils. Activity boxes develop readers' decision-making skills. Essential oil monographs discuss the history, traditional uses, safety considerations, and most effective use in massage therapy of 50 individual essential oils. Review questions appear in every chapter.

Medical Conditions and Massage Therapy Jul 21 2021 With this book's streamlined, innovative approach, you'll learn how to manage and assess medical information in order to determine massage contraindications.

Study Guide to Accompany Anatomy and Physiology Aug 22 2021 The 3rd edition of 'Anatomy and Physiology' ties anatomy and physiology to situations massage therapy students will face in practice, and makes this material accessible to facilitate learning. This accompanying study guide helps students apply their knowledge and ensure their understanding of the content covered.

Body Mechanics for Manual Therapists Oct 04 2022 This best-selling text teaches massage therapy students and practitioners the essentials of body mechanics they need to know in order to care for themselves while practicing massage therapy. The text is written in a practical, playful, and friendly manner and integrates kinesthetic, cognitive, and environmental elements. Each chapter starts with a brief narrative explanation of a movement, followed by hands-on exercises, self-observation exercises, self-care and injury prevention tips, and client education tips. Appendices discuss successful body mechanics for spa therapy, transferring clients, and floor work, and present troubleshooting and preventive strategies for common repetitive stress injuries.

Introduction to Massage Therapy Feb 02 2020 This introductory textbook instills the skills and knowledge needed to become—and excel as—a professional massage therapist. Enhanced by full-color illustrations and photographs, the text integrates functional anatomy, physiology, and pathology with massage therapy techniques and offers extensive 3D anatomical information. Communication, documentation, safety, self-care, and business practices are also covered. This edition features expanded coverage of hydrotherapy, Eastern techniques, sanitation and hygiene, HIPAA, and key topics tested on the National Certification Exam. Other new features include critical thinking exercises and boxes highlighting contraindications to massage or specific strokes. A bound-in Real Bodywork DVD features outstanding video clips of massage sequences.

Outcome-Based Massage Dec 02 2019 Outcome-Based Massage™: Putting Evidence into Practice (3rd edition) goes beyond an update of the content of the second edition. In this book, Dr Andrade and a team of contributors who represent the fields of massage therapy, physical therapy,

athletic training, education, psychology, medicine, and physiology take the student or practicing clinician to the next level of using Outcome-Based Massage™ in daily clinical practice. This edition enhances and builds upon the strengths of the first two editions as follows:

- Fully updated chapters provide a comprehensive approach to assessment, treatment design, and treatment delivery
- Streamlined presentation of theory and practice enhances the teaching and learning experience
- Quick Treatment Guides provide a colorful, immediate reference for anatomy, pathophysiology, impairments, and wellness goals for 16 musculoskeletal conditions
- New section on the scientific basis of soft-tissue examination provides students and practitioners with the very latest understanding of the emerging body of knowledge in this field
- Review sections in each chapter provide Takeaways that summarize key concepts, critical thinking questions, and clinical cases that illustrate the practical application of the concepts discussed in the chapter
- Precise, instructive photographs and videos give students and practitioners clear, direct guidance for using the techniques presented in this text

Condition-Specific Massage Therapy Aug 02 2022 Show your students how to tailor their massage to different musculoskeletal conditions! Condition-Specific Massage Therapy outlines assessment and treatment goals for common musculoskeletal conditions. Students in a basic 500-700 hour program, and practicing therapists in clinical, wellness and spa settings will learn new theoretical and practical tools while strengthening their clinical reasoning and basic massage skills. Templated chapters for eleven conditions apply foundational science to massage practice and move the student from understanding each condition to assessing and working with the client. Icons depicting treatment goals, treatment overview diagrams, and photographs with the referenced muscles illustrated over the model's skin comparing healthy posture to the deviated posture common to the condition enhance the reader's visualization of treatment goals. Massage therapy research and case studies for each condition provide concrete examples of the benefits of massage for these conditions. Each chapter ends with a Professional Growth section, which encourages further exploration and critical thinking. More and more consumers of massage therapy are using it to address specific complaints. With the possibility of massage therapy being covered by insurance, therapists who can assess signs and symptoms and plan treatment goals will have an advantage in the market. But not all schools want to teach clinical Massage. Condition-Specific Massage Therapy offers an entrée into specific treatment without being heavily clinical. Written in simple language, CSMT provides the critical thinking tools students need to assess and address common conditions using the hands-on skills they already have, regardless of modality.

Review for Therapeutic Massage and Bodywork Exams Apr 17 2021 Review for Therapeutic Massage and Bodywork Exams, Third Edition is the most comprehensive study guide for any massage student or practitioner preparing for the NCETM or MBLEx exams. Each topic is presented in a concise outline format, and review questions are included after each part. Practice tests are offered that enable the user to simulate taking the actual exam. A companion website includes a pretest with chapter numbers alongside the answers, two additional quizzes, 500 electronic flash cards, a template for creating flash cards, crossword puzzles, a Jeopardy-style game, a Hangman-style game (Don't Tip the Scale), and labeling exercises.

<http://thepoint.lww.com/product/isbn/9781605477121>

Myology and Kinesiology for Massage Therapists, Enhanced Edition Apr 29 2022 Myology and Kinesiology for Massage Therapists, Revised Reprint presents the anatomy and function of the muscular system using an innovative applied learning technique designed to help today's massage student learn and understand this subject. As this is a subject that many massage students struggle with, this integrated workbook approach helps students apply their knowledge to massage-specific scenarios and accommodates the needs of multiple learning styles. Beginning with an overview of the body and anatomical structures, the text builds to a thorough review of each body area, complete with full-color illustrations. Each chapter is divided into two parts: a text/content section followed by an activity/workbook section. The text section provides context for the activities and helps familiarize the student with the different bones, muscles, and other structures within each body

region.

Ethics for Massage Therapists May 31 2022 This text gives instructors and students a structured format for teaching and learning ethics and standards of practice for massage therapy. Discussion topics include core industry standards of practice, laws, morals, rules, and regulations. It is an ideal textbook for ethics courses in massage therapy programs and prepares students for the ethics questions on the National Certification Exam. The book guides students through the process of putting ethical standards into practice, and explains what is expected of them in a professional setting. Role-playing exercises and example scenarios prepare students for situations and dilemmas that arise in practice.

Massage and Manual Therapy for Orthopedic Conditions Jan 27 2022 This book introduces massage techniques for orthopedic conditions, promoting the alignment of soft tissue relating to pain and dysfunction. An essential manual for clinical massage therapy, it contains brief descriptions of rationale behind orthopedic massage, mechanisms of injury to and repair of soft tissue, and anatomy of each body area. The Second Edition also includes detailed assessment for each body region, discusses common lesions, and provides illustrated instructions on how to administer this scientifically based style of massage. Based on traditional orthopedic assessment protocols, coverage includes range of motion, passive and isometric testing, and tests that determine the severity of a condition or injury.

A Massage Therapist's Guide to Pathology Jan 15 2021 The best-selling pathology textbook for massage therapy is now in its Fourth Edition. The book presents detailed information on the etiology, signs and symptoms, and treatment of over 200 diseases and conditions, emphasizing how massage influences the disease and healing processes and how therapists can maximize the benefits while minimizing the risks. This edition includes Modality Recommendation Charts offering specific advice about modalities to pursue or avoid in various circumstances. The book has been reorganized to include an introductory chapter on fundamental concepts and a concluding chapter on cancer. New topics covered include myeloma, sickle cell disease, and autism spectrum disorders. A bound-in CD-ROM includes animations, video clips, interactive flashcards, quiz questions, an audio glossary, and printable client history forms.

Therapeutic Modalities Aug 29 2019 Ideal for exercise science, athletic training, and physical therapy students, this updated edition of Knight and Draper's *Therapeutic Modalities: The Art and Science* covers the knowledge and skills needed to select the best therapeutic modality for each client injury. This edition helps students hone their clinical decision-making skills by teaching both the how and the why of each therapeutic modality, offering the application that today's student craves. Retaining the accessible student-friendly writing style and focus on kinesthetic learning that made the book so successful, the third edition is enhanced by new chapters, new photos, and significant updates throughout that reflect the latest research and advances in the field.

The Psychology of the Body Dec 26 2021 Prepare your students to appropriately identify, understand, and respond appropriately to the phenomenon of emotional release during massage and bodywork! This new edition continues to provide a crucial basis of knowledge for massage therapy and students regarding the emotional impact of effective massage therapy. With a new, more colorful layout, this new edition has been fully revised to address the latest science around this topic. Furthermore, in-text features aim to help students apply their learning to actual practice as a massage therapist.

The Massage Connection Nov 12 2020 This textbook is focused on the anatomy and physiology needs of massage therapy students and practitioners. It gives extensive coverage of the major body systems- integumentary, skeletal, muscular, and nervous -crucial for massage therapy. It also provides an overview of other body systems so students have a well-rounded understanding of anatomy and physiology. (Midwest).

Body Mechanics for Manual Therapists Jan 03 2020 Present these crucial self-care strategies to ensure long, and healthy careers in manual therapy! Manual therapists provide their clients with a myriad of services, from relaxation, to pain relief, to recovery after illness, and more. Nonetheless,

many manual therapists are not accurately trained on how to care for themselves while they care for others. In the third edition of her one-of-a-kind book *Body Mechanics for Manual Therapists: A Functional Approach to Self-Care*, Barbara Frye outlines a holistic approach to safe practice that can help therapists have long careers free from work-related injury, or chronic pain. Featuring over 200 full-color illustrations, this edition builds on the Second Edition by assisting manual therapists in becoming involved in developing a self-care strategy. Each chapter starts with a brief narrative explanation of a movement, followed by hands-on exercises, self-observation exercises, self-care and injury prevention tips, and client education tips. Appendices discuss successful body mechanics for spa therapy, transferring clients, and floor work, and present troubleshooting and preventive strategies for common repetitive stress injuries. A companion Website offers fully searchable online text and video clips that demonstrate proper technique.

Massage Mastery Nov 24 2021 "Massage mastery: from student to professional, presents the theory (why) and practice (how) of massage therapy in an engaging, accessible way for today's adult and young-adult learners. Chapters are organized into manageable topics that facilitate incorporation into any massage curriculum."--Publisher.

Massage for Orthopedic Conditions Jun 07 2020 This book introduces massage techniques for orthopedic conditions, promoting the alignment of soft tissue relating to pain and dysfunction. An essential manual for clinical massage therapy, it contains brief descriptions of rationale behind orthopedic massage, mechanisms of injury to and repair of soft tissue, and anatomy of each body area. This text includes detailed assessment for each body region, discusses common lesions, and provides illustrated instructions on how to administer this scientifically based style of massage. Based on traditional orthopedic assessment protocols, coverage includes range of motion, passive and isometric testing, and tests that determine the severity of a condition or injury.