

A Massage Therapist S Guide To Pathology

A Massage Therapist's Guide to PathologyLippincott Williams & Wilkins

The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

For more than 20 years, The Guide to the Bodyhas been helping instructors deliver lessons in clear and memorable ways. With the new edition, it will be even easier to deepen students' understanding of surface anatomy and mastery of palpation.- New full-color illustrations convey the most life-like representations of anatomical structures.- Chapter introductions with pre-learning questions improve comprehension and retention.- Concise clinical stories provide relevance and real-life application.- Newly designed icons and headings helps students quickly locate critical content.- Updated anatomical terminology reflects the latest consensus.

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.

The Trigger Point Therapy Workbook

A Step-by-Step Guide to Achieving the Health and Relaxation Benefits of Massage

The Complementary Therapist's Guide to Red Flags and Referrals E-Book

Evidence-based Therapeutic Massage E-Book

Critical Thinking and Practical Application

Discover the power of massage—from the inside out—in this unique reference book featuring seven styles of massage and enlightening anatomical illustrations. Massages energize, revitalize, and renew both body and spirit, and have even been proven to restore and promote good health. But to practice massage safely, you need to understand how the body works. Everyone from new students to experienced massage therapists can benefit from this book dedicated to the practice of massage. ‘The world of massage at your fingertips!’ This comprehensive book explores seven of the world’s best-known styles of massage: Swedish, Fusion, Shiatsu, Thai, River Stone, Reflexology, and Reiki. Massage Anatomy uniquely combines an understanding of the human body with different massage styles, making it an excellent resource for practitioners of all levels. Detailed anatomical illustrations and approachable text demonstrate body planes, muscle groups, and crucial areas like the nervous and lymphatic systems. There is also a helpful reference section on massage terminology and a glossary of muscles. Discover the ancient secrets practiced by Native Americans and Egyptians using warm stones that are applied to the body. Feel the “spirit life force” of reiki, a centuries-old Japanese technique used to promote peace and well-being. And find out how to combine Swedish, deep-tissue, and sports massage techniques for a fabulous massage fusion. Next to strong hands, this comprehensive guidebook is a massage therapist’s most important tool, an invaluable resource for new students and experienced therapists alike.

Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients’ formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that form in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies’ daughter, Amber Davies, who is passionate about continuing her father’s legacy. The new edition also includes postural assessments and muscle tests, an illustrated index in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

Complete massage pathology information in one convenient text! Written by a massage therapist for massage therapists, Mosby’s Pathology for Massage Therapists, 4th Edition provides direct information along with specific therapeutic recommendations. Coverage of over 300 pathologies shows you how to appropriately tailor treatment, and more than 500 full-color photographs make it easier to recognize common pathologies. This edition includes a new chapter on Hospital-based massage which covers protocols needed for therapists working with clients who are medically fragile. Written by massage therapy educator and practitioner Susan Salvo, this resource provides the pathology knowledge you need to succeed in the classroom and in your career. Coverage of over 300 pathologies provides you with ample information without being overwhelming. Over 500 full-color photographs helps you recognize common diseases and conditions. A user-friendly, comprehensive format makes it easy to find key information with learning objectives, list of pathologies, system overview, and pathologies, including description, etiology, signs and symptoms, treatment, and massage considerations. Caution boxes provide tips on prevention to keep practice safe and prepare students for emergency situations. Clinical Tips boxes provide brief, practical hints gleaned from the author’s first-hand experience in clinical practice. Medical Technology boxes highlight special populations, such as clients in wheelchairs or with pacemakers, and explain what the medical device is, and what special precautions or contraindications practitioners should be aware of before working on these clients. List of pathologies with page number references included on the inside front cover for fast lookup of pathologies. UNIQUE! Hospital-based massage chapter covers different protocols needed for massage therapists working in institutionalized care setting and provide information about working with clients who are medically fragile. NEW! Updated pathologies reviewed by practicing massage therapists reflect what you will see in the field as a working practitioner. NEW! Pain content equips you with essential, up-to-date information on the latest theories and management techniques and provides the critical-thinking skills to apply that knowledge in practice.

Soft Tissue Release is a clear, concise, and practical book that guides you in understanding and applying the three types of soft tissue release (STR): passive (clients do not help), active assisted (clients and therapists work together), and active (clients do it on their own). Rather than focus on the specific purposes of soft tissue release, this text provides basic information about the therapy and prepares readers to perform the techniques. The result is a text that professionals and students in massage therapy, physiotherapy, and osteopathy will find invaluable. Soft Tissue Releasethoroughly explains the differences between the three types of STR by providing step-by-step descriptions on performing each type along with the key holds, moves, and stances for various muscles. The descriptions are accompanied by handy reference charts indicating the types of clients and situations in which each technique is particularly useful. Complete instructions explain how to apply STR to various parts of the body—the trunk, the lower limbs, and the upper limbs—and detail the advantages and disadvantages of each technique. Numerous full-color photos depict the locks and stretches. The book also explains how to use alternative options—such as massage tools and forearms, fists, and elbows—to protect the hands and thumbs from overuse. Tips sidebars provide short, practical comments on applying the techniques, while Client Talk boxes share the author’s experiences and provide insight on situations that a therapist is likely to encounter. Each chapter ends with Quick Questions to test knowledge of the information, and answers are provided at the end of the book. A quick-reference photo index allows readers to look up techniques based on the client’s position—prone, supine, sitting, or side lying—and find the page number for the complete instructions for that technique. Finally, Soft Tissue Release shows how to incorporate the proper techniques into a treatment program. The book guides readers through the consultation process and provides examples of initial questions to ask clients and various assessment forms that therapists can use in identifying clients’ needs. Using case studies and comparisons, the book shows how the data gleaned from clients can guide the design of an effective treatment program. Soft Tissue Releasewill help the STR techniques come alive through its clear, detailed instruction and the numerous photos showing the techniques being applied by professionals. Whether you

A Massage Therapist's Guide to Pathology

A Massage Therapist's Guide to Business

The Complete Spa Book for Massage Therapists

Theory and Practice of Therapeutic Massage

Myology and Kinesiology for Massage Therapists, Enhanced Edition

The massage therapist’s guide to treating headaches and neck pain is a practical guide for the massage therapist to assist them in identifying appropriate massage treatment for those experiencing headaches and neck pain. The book describes the most common headache types and causes for neck pain that can be effectively addressed with therapeutic massage and associated methods easily incorporated into massage. Assessment procedures are provided both to identify appropriate treatment and to alert the massage therapist to more serious conditions that could be responsible for the symptoms and require a referral for further diagnosis and treatment. Protocols for treatment using massage and other soft tissue methods are provided. The text is written in a practical way that is user friendly. Incorporates a DVD demonstrating the palpation and treatment methods. Abundant illustrations and photos • Easy reference, easy language • DVD demonstrating methods and technique, such as: massage of face and head, massage of neck; and treatment of breathing pattern disorders and headaches • Written by two world-renowned authors

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 addresses 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.

Now in its third edition, this practical clinical guide for both students and practitioners is further strengthened by the addition of online video clips which demonstrate how to apply a range of massage techniques. The text’s research-base and references are fully updated, aiming to provide the reader with the most pertinent evidence to support the use of massage for particular injuries and conditions. New, improved and expanded chapter on Massage in Sport, including section on athletes with disabilities. Written by a sports specialist physiotherapist with experience of working with national teams at world and Olympic level Expanded chapters on Relaxation Massage (formerly Sedative Massage) & Reflex Therapies (formerly Specialized Techniques) Case studies throughout the chapters Evolve Resources – use your unique PIN code to access video clips of tutorials and demonstrations of massage techniques as identified in the book

This abbreviated version of Hands Heal, Third Edition is a practical guide to documentation in wellness massage. It is designed for massage therapists who do not provide therapy that would require physician referrals or insurance billing. Hands Heal Essentials offers wellness charting guidelines for energy work, on-site massage, and relaxation and spa therapies, along with sample completed forms and blank forms. Crucial information on HIPAA regulations is included. A front-of-book CD-ROM includes the blank forms for use in practice, a quick-reference abbreviation list, and a quiz tool to review key concepts. Faculty ancillaries are available upon adoption.

A Guide to Soft Tissue Therapy

Massage Therapist’s Guide to Pathology

Your Self-Treatment Guide for Pain Relief

Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition

Hands Heal Essentials

Now in vibrant full color, this fully updated and revised Fourth 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 Fourth 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 engagement 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.

Discover the healing power of massage therapy! With The Complete Guide to Massage, you can use the power of touch to soothe aches and wash away worries. Each page guides you through the time-honored practice with step-by-step instructions and photographs for massaging yourself and others. You’ll learn the different strokes and movements within a massage as well as techniques for popular methods, including prenatal massage, Swedish massage, and trigger point therapy. Whether you’re looking to relieve muscle tension, alleviate pain, or simply de-stress, The Complete Guide to Massage will help you uncover a whole new world of healing and relaxation.

Theory and Practice of Therapeutic Massage, 5th edition is the classic text in the massage industry including the essential knowledge and skills needed to become a successful, professional massage therapist, plus the essentials of anatomy and physiology. Essential topics to the industry such as ethics, hygiene, communication skills, and body mechanics are discussed. Full-color illustrations and photographs clearly illustrate techniques and procedures. Classical massage is expanded with clinical techniques including neuromuscular and myofascial techniques, and lymph massage, combined to better serve the client by following therapeutic procedures. Numerous career tracts are explored including massage in a spa environment and athletic massage. A new chapter discusses business for special populations including pre-natal, infant, elder, critically ill, people with cancer, and hospice. The final chapter has been revised to cover business practices for finding employment or successful self-employment. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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 journe –Humorous cartoons to support a fun tone while clearly illustrating the author’s recommendations for handling key business situations”

Trail Guide to the Body 6e

Message Therapists Guide to Pathology, 5th Ed. + Step-by-step Massage Therapy Protocols for Common Conditions
A Massage Therapists Guide to Pathology, 5th Ed. + Medical Conditions and Massage Therapy
Aromatherapy for Massage Practitioners + The Educated Heart, 3rd Edition + A Massage Therapist's Guide to Business + Applied Anatomy & Physiology for Manual Therapists + Spa Bodywork, 2nd Edition + A Massage Therapists Guide to Pathology, 6th Edition
With this book’s streamlined, innovative approach, you’ll learn how to manage and assess medical information in order to determine massage contraindications.

Spa Bodywork, Second Edition, covers everything the massage therapy student or practicing massage therapist needs to know to incorporate multi-layered and multi-textured spa treatments into their massage practice. While wet-room equipment and techniques are discussed, the book focuses on spa treatments that can be delivered in dry-room settings, such as private practice, massage clinics, or day spas—without the need for expensive equipment. Featuring new treatments, new photos, new video clips that demonstrate techniques, and an expanded set of online tools, the Second Edition helps readers develop the skills they need to gain a competitive advantage when seeking work in the spa industry or adding spa treatments to their massage practice. All treatments—from salt and sugar glows to body polish to stone massage—are covered in step-by-step detail, illustrated with photographs that show how to position the client and how to apply products such as seaweed, essential oils, and mud, and enhanced by exciting online video clips that bring techniques to life.

The book brings together a range of examination and assessment techniques which are otherwise only found in a variety of different places. It presents them in a way relevant to massage therapists. The book will be used by MT students to learn of the existence of these techniques and how and when to use them. More experienced MTs will use the book to enhance, update and extend their skills in what is a key area if appropriate therapy is to be given.

A Massage Therapist’s Guide to Treating Headaches and Neck Pain, contains, an outstanding illustration program, and the author’s trademark accessible writing style. With skill and passion, Werner’s text makes pathology fascinating and understandable for massage therapy students as it prepares them to work independently or within a health care team to make choices that result in the best possible outcomes for clients living with a wide range of diseases and disorders.Reflecting the latest research, the seventh edition offers a strong focus on evidence-informed practice. And, to keep pace with evolving standards, it is now ELAP-compliant, has testing formats compatible with the MBLEx exam.

The Complete Guide to Lymph Drainage Massage

Applied Anatomy & Physiology for Manual Therapists

The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching

A Comprehensive Guide

A Guide for Massage Therapists

Describing the background to the evolution of Rnon-specificS backache as well as the assessment and treatment methods ideal for use in combination with massage therapy, deriving from physical therapy, osteopathic, and chiropractic sources, this book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache.

Massage is a basic skill within physiotherapy, and one which requires a high standard of practical application. It is a skill which is increasingly being taken up by other health care and complementary therapy professionals. This new, third edition of Massage for Therapists is a timely and thorough update which continues the tradition of Margaret Hollis’ hands-on approach. The book is designed to be a step-by-step guide to the theory and practical application of classical massage. Once mastered, these techniques may form the basis for a variety of modifications suitable for specific conditions. Massage for Therapists is split into three sections: an introduction to massage and preparation for giving a massage; the massage manipulations by area of the body; and some key modifications to the standard manipulations. In order to further enhance the practitioner’s skill and to give the reader a grounding in some of the popular specialities, updated chapters on aromatherapy and massage in sport sit alongside new chapters which introduce myofascial release and shiatsu. Massage for Therapists will be of interest to student and qualified physiotherapists and sports therapists, as well as occupational therapists, chiropractors, osteopaths, nurses, complementary therapists and beauty therapists. • Practical, applied text • Thoroughly updated by subject experts • Illustrated throughout with photographs which support the explanations of the therapeutic application.

This new work by a renowned massage author takes a close look at palpation of muscle and bone, and includes content related topics including trigger points with their pain referral patterns, stretching, and body mechanics. The DVD features video demonstrations of palpation of all muscles. Illustrations.

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.

A Massage Therapist’s Guide to Treating Headaches and Neck Pain E-Book

A Massage Therapist’s Guide to Pathology Te

Manual of Clinical Assessment for Massage

Mosby’s Pathology for Massage Therapists - E-Book

A Practical Guide for Therapists

This Massage Therapist’s Guidebook is approved by NCBTMB as a home study course toward continuing education credits (CEUs) for massage therapists. Diane Matkovski shares invaluable insights into the business world of massage. As a leader in the field she gives an authentic and realistic view about how she has thrived as a massage therapist. Drawing on her decades of experience she explains how to: - understand massage as a business - provide excellent client care - continue growing in all aspects of your work - increase self-care awareness as a massage therapist - understand the human body on many levels - deepen your appreciation for your work and lifestyle By recognizing the value that touch brings, you’ll be able to enjoy your work more and become a better (and more successful) massage therapist. Help your community and make a quantum leap in the booming business of massage with The Massage Therapist’s Guidebook.

Sooth away stress, banish pain, and share the language of touch with the healing powers of massage. What reduces pain, enhances athletic performance, job efficiency, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, and improves appearance? Right, massage! So what are you waiting for? Discover how to knead your way to relaxation and wellness with this fun guide to the art of massage. With the help of numerous step-by-step hands-on photos how to harness the healing power of touch. In no time you’ll master the basics and learn how to give and receive a therapeutic massage. 25% new and expanded content in this edition Covers an array of techniques, from Swedish to Deep Tissue and sports massage to self-massage The newest strokes and techniques that can relieve specific painful conditions Hands-on and extremely practical, Massage For Dummies, 2nd Edition shows you how to integrate massage and its benefits into your everyday life.

Unique ready reference for all complementary medicine, massage therapy and manual therapy practitioners and students alerting them to ‘red flag’ symptoms which should be referred for Western medical investigation or emergency medical treatment. When can a patient be safely reassured and when do they need further investigation or treatment? ‘Red flags’ are clinical signs that suggest a patient needs prompt investigation and treatment for a potentially dangerous situation. Therapists increasingly find themselves working alongside conventionally trained medical diagnoses, symptoms and treatments and, crucially, to recognise warning signs of serious disease. This is essential in order to be a safe practitioner. Clare Stephenson’s The Complementary Therapist’s Guide to Red Flags and Referrals meets this need by providing an easily accessible reference to ‘red flag’ symptoms, designed especially for therapists. It offers guidance on how best to respond to those symptoms and signs of disease which can be readily discerned through routine history taking and basic examination of the body. The guidance is in line with current evidence and best practice.

Provides all of the anatomy and physiology knowledge a massage therapist needs in a way they can better understand! Applied Anatomy and Physiology for Manual Therapists is a clear, accurate, simple, and comprehensive A&P textbook that focuses on the needs of students in manual therapy education programs. It is a focused text that deliberately emphasizes the information manual therapists need to be familiar with in order to understand the benefits, effects, indications, and contraindications of their specific form of manual therapy. The text includes detailed information on neuromuscular and myofascial connections (Chapter 8), and separating the structure and function of the lymphatic system (Chapter 11) from immunity and healing (Chapter 12). This, along with chapter features such as Manual Therapy Applications, Pathology Alerts, and What Do You Think questions, help readers build bridges between the scientific facts and the application of that information to their therapeutic practice.

A Massage Therapist’s Guide to Lower Back and Pelvic Pain

Massage Anatomy

Massage For Dummies

A Guide to Deep Tissue and Neuromuscular Therapy, Enhanced Edition

Sports Massage

urturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly skilled prenatal massage instructor who is also a registered nurse, childbirth educator, and doula.

Lymph drainage massage is a technique utilized by massage therapists to provide relief from edema, an accumulation of fluids in the tissues that causes swelling. This book provides a scientifically-accurate explanation of the lymphatic system, the theory behind lymph drainage massage, and explains when it should be performed. Also provided is an explanation of the application of lymph drainage massage to the needs of well clients, rather than focusing on pathology, since most massage therapists and estheticians will not be treating lymph edema disease in their working. The book offers step-by-step procedures for facial and upper and lower body massage, giving you practical information that can be applied immediately. With an aging baby boomer generation and the population at large increasingly focused on well-being, technicians whether beginners or those looking to review and broaden their skills are increasingly interested in learning about lymph drainage massage and how it can enhance their clients’ experience as well as their own careers. Milady’s Guide to Lymph Drainage Massage can play a vital role in accomplishing all of these goals. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Publisher’s Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. A Massage Therapist’s Guide to Pathology, the best-selling pathology book, continues to set the standard through up-to-date, evidence-based content, an outstanding full color illustration program, and a friendly, accessible writing style. With skill and passion, respected author and lifelong educator Ruth Werner makes pathology fascinating and understandable for massage therapy students and prepares them to make professional choices that result in the best possible outcomes for clients living with a wide range of diseases and conditions. To ensure competent, safe practice, the Sixth Edition now emphasizes evidence-informed practice and offers a stronger focus on helping students develop the clinical reasoning and critical thinking skills they will need for complex decision-making. Well-established educational building blocks take learners from key word vocabulary through to more complex skills, and a wide range of enhanced in-text and online learning aids help ensure content mastery. Incorporating the latest research and information on more than 20 newly covered pathologies, the Sixth Edition is now ELAP-compliant, has testing formats that better prepare students for the MBLEx exam, and has been updated to be consistent with the DSM-V.

This highly illustrated Candidate Handbook contains everything students need to know for the VTCT Certificate in Sports Massage or the Sports Massage option unit for the BTEC National Sport award.

The Massage Therapist’s Guidebook

The Complete Guide to Massage

Fully Booked Without Burnout

A Massage Therapist’s Guide to Building a Six-Figure Business with Fun, Freedom and Passion

Massage for Therapists

Therapeutic Stretching focuses on the use of both active and passive stretching as part of the rehabilitation of common musculoskeletal conditions and injuries. Covering all forms of stretches for the able-bodied, injured, and selected special populations, Therapeutic Stretching is a comprehensive resource for practitioners and students working in massage therapy, osteopathy, physical therapy, occupational therapy, rehabilitation, and personal and athletic training. With both active and passive stretches outlined for a range of musculoskeletal conditions and injuries, Therapeutic Stretching offers a range of rehabilitative stretches for the foot and ankle, knee and leg, hip and thigh, upper limb, shoulder, elbow, wrist, hand and fingers, and back and neck. Author Jane Johnson, a practicing physiotherapist, sport massage therapist, and body work instructor, provides information on incorporating passive stretching as a treatment option and selecting appropriate active stretches for clients to practice at home. Heavily illustrated with more than 230 color photos, Therapeutic Stretching provides excellent visual instruction on client positioning and the most effective handholds for the application of passive stretches to various joints and soft tissues. A user-friendly format, clear explanations of stretching techniques, and visual guidance from photos help students and practitioners readily incorporate these stretches into their practice. Therapeutic Stretching outlines the rationale for stretching after musculoskeletal injury along with general safety guidelines and an overview of the musculoskeletal conditions addressed in the text. Also included is a discussion of the differences between and applications of passive, active, and advanced forms of stretching such as muscle energy technique (MET) and soft tissue release (STR). Readers of Therapeutic Stretching will find a 10-step process for designing, implementing, and assessing a stretching program. The text discusses applications of therapeutic stretching for three special populations: elderly clients, pregnant women, and athletes. For each, a listing of common physiological factors or characteristics that might affect a stretching program is included, along with tips on modifications to employ when working with these individuals. Following this foundational information are three chapters with photos and descriptions of active and passive stretches for musculoskeletal injuries and conditions of the lower limbs, upper limbs, and trunk. Here readers will find stretches useful for treating injuries and conditions such as sprained ankles, shin splints, runner’s knee, tight calves or hamstrings, adhesive capsulitis, lateral epicondylitis, stiff wrists, kyphosis, low back pain, stiff neck, and whiplash. Special Tip boxes throughout the text offer guidance on modifying the stretches and techniques to meet the needs of individual clients. Tables detail the passive and active stretches covered in each chapter and indicate whether a stretch is contraindicated for a particular injury or condition. Following most chapters are five Quick Questions that assist readers in gauging their understanding of the content. In addition, Therapeutic Stretching includes a visual guide to stretching routines that could be performed in the prone, supine, and seated positions. These suggested routines assist students and practitioners new to therapeutic stretching in learning to apply these stretches in an efficient manner and without excessive repositioning of the client. Therapeutic Stretching offers a range of stretches to assist both current and future practitioners in safely treating clients rehabilitating from musculoskeletal conditions and injuries. Delivering the most up-to-date stretching techniques, this guide is a valuable resource for professionals in health care, rehabilitation, fitness, and body work seeking tools to assist their clients in alleviating muscular pain, reducing joint stiffness, and speeding recovery from injury. Therapeutic Stretching is part of the Hands-On Guides for Therapists series, providing tools of assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that provide advice on adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions that test knowledge and skill.

Describing the background of non-specific backache as well as the assessment and treatment methods ideal for use in combination with massage therapy, this book describes osteopathic and chiropractic methods and then integrates them into a detailed description of a massage session focusing on the person with backache.

Fully Booked Without Burnout unpacks exactly how to fill your appointment book while keeping your energy and passion alive. We show you what steps to take to create an outstanding massage business and build your tribe, attract your ideal clients, take care of yourself and create an income... so you can turn your passion into a rocking business!

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.

Soft Tissue Release

The Balanced Body: A Guide to Deep Tissue and Neuromuscular Therapy, Enhanced Edition

A Hands-On Guide to Locating Muscles, Bones and More

Documentation for Massage Therapists

Medical Conditions and Massage Therapy