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# Itec Anatomy And Physiology Past Papers

Summary: A comprehensive, practical book for students and practitioners of remedial massage. Sandra Grace, Southern Cross University and Charles Sturt University.

The spa industry is currently the fastest growing segment of the hospitality and leisure industry with revenues exceeding those from amusement parks, box office receipts, vacation ownership gross sales and ski resort ticket sales. Understanding the Global Spa Industry is the first book to examine management practices in this industry and offers a groundbreaking and comprehensive approach to global

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spa management, covering everything from the beginnings of the industry through to contemporary management and social and ethical issues. With contributions from internationally renowned business leaders, practitioners and academics, this unique book is packed with case studies, examples and advice for all those working in, and studying, the international spa industry.

Understanding the Global Spa Industry brings an analytic lens to the spa movement, examining past, current and future trends and the potential for shaping wellness and health services in the 21st century.

This book is primarily aimed at students on Level 2 and 3 beauty therapy and complementary therapy

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courses and matches the QCF specification. It is suitable for anyone taking a professional beauty, complementary or sports course with awarding bodies such as VTCT, ITEC, City & Guilds, CIDESCO, and CIBTAC qualifications.

This title covers the VTCT Diploma in Reflexology, and has a section on setting up a business.

A Textbook of Holistic Aromatherapy  
The Definitive Guide to Pressure Point  
Healing

British Vocational Qualifications  
The Reflexology Bible  
Reflexology

**Revised and updated, this  
complete coursebook covers  
everything that beauty  
therapy students need to**

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know about anatomy and physiology at NVQ/SVQ Levels 2 and 3. This edition incorporates new material on Cells and Tissues and the Immune System to reflect the changes to the Beauty Therapies specifications, and is suitable for use with all awarding bodies. Clear diagrams, an attractive format and jargon-free language contribute to make this an invaluable study aid for beauty therapy students. Frequent tasks and self-assessment questions are perfect for building up a

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portfolio of evidence for course assessment.

The success of this book is based on its straightforward style and simple illustrations throughout. It explains complex subjects in an approachable and practical manner. Now for the first time, included with every copy is a CD ROM. On this you will find study aids for students including a complete audio version, animations, quizzes and sample questions. For lecturers we have added a lesson plan for each chapter, essay questions

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covering each of the sections, all the imagery from the book for them to use as they wish, and access to animations to add to their presentations. Supports ITEC, Edexcel, VTCT, City & Guilds, NVQ, CIDESCO and CIBTAC qualifications. Professionals teaching Beauty, Complementary Therapies, Sports Therapy or any course which involves anatomy and physiology will find it a powerful learning resource for their students. A clear, simple guide for students of anatomy as

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well as an excellent resource for athletes, massage therapists, and anyone interested in the workings of the human body, this user-friendly book is organized around six muscle groups. They include muscles of the face head, and neck; the trunk; the shoulder and upper arm; the forearm and hand; the hip and thigh; and the leg and foot. Each of the groups is given a distinctive color to make it easy to identify, and each muscle is shown in its relationship to the skeleton. Each gets a

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complete profile, including origin/insertion, action of the muscle, which nerve controls it, movements that use it, and exercises and stretches that strengthen it. The Concise Book of Muscles shows students exactly how to locate and identify specific muscles, highlighting those that are heavily used and therefore subject to injury in a variety of sports and activities. This expanded edition of a leading anatomy reference book includes 20 muscles



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not previously covered, adding greater depth to the original edition while remaining accessible and affordable.

Every job hunter needs an impressive CV that describes their educational and professional history. A well-prepared and individually tailored CV is invaluable and can greatly improve your chances of getting the job you want. Preparing The Perfect CV provides sample CVs for job seekers of different abilities applying for various types

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of work. It is therefore useful for every age and calibre, from school leavers to those wishing to return to work after a career break. Careers expert Rebecca Corfield analyses the content and presentation of a well-prepared CV, helping you to impress the employer and get an interview. Complete with new online CV templates to get readers started and a comprehensive checklist of dos and don'ts, *Preparing the Perfect CV* is an indispensable guide that every job seeker should

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have.

**Preparing the Perfect CV  
ECE12015**

**An Introductory Guide to  
Reflexology**

**Alternatives for people  
with disabling conditions**

**A Guide to Professional  
Qualifications in the UK -  
Where They Lead and How to  
Get Them**

This is the second edition of a text first published as Aromatherapy for the Whole Person. It explores the history of essential oils treatments and their use in body and beauty treatments, and in the treatment of medical disorders such as heart disease. A selection of

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case studies is provided, including supportive treatments and animal treatments.

This comprehensive guide is an invaluable learning and reference tool for all Anatomy & Physiology students, containing everything you need to help you pass your exams. It is being used by students all over the world in countries such as Britain, Ireland, Singapore, South Africa, Australia and USA. It is suitable for all major awarding bodies including ITEC, CIBTAC, CIDESCO, VTCT, NVQ, Cosmetology, City & Guilds plus many more. There are 1,160 Multiple Choice Questions, each questions has 4 possible

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answers and there is an answer grid at the end of each chapter. Also found inside are 58 crosswords with hundreds of clues, covering all systems of the body. These are designed to be repeated several times until your confidence grows. If you are looking for a product that will support you throughout your Anatomy & Physiology studies then this is the product for you. It is suitable for any student training to become:

- A Massage Therapist
- A Beauty Therapist
- A Reflexologist
- An Aromatherapist
- Health Care Assistants
- Nurses
- Ambulance Technician
- Qualified Practitioners
- Tutors

This is one of

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the most popular and successful Anatomy & Physiology Revision Guides on the market today, having already assisted thousands of students worldwide in completing their exams with ease.

Exactly matched to the AQA specifications, this Student Book covers all available units of the Double Award.

/\*0-13-009021-2, Martini, Frederic H., Fundamentals of Anatomy and Physiology Learning System Edition, Fifth Edition\*/

Fundamentals of Anatomy & Physiology, Fifth Edition is the core of the Martini Learning System Edition. This innovative new format contains the

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complete text unabridged, unbound and three-hole punched as well as the Martini Interactive Student CD-ROM and access to the Martini Online Web site. Martini Learning System Edition gives readers flexibility and convenience without sacrificing high-quality content. This book covers all body systems and organs. For college instructors, students, and readers who already have an introduction to anatomy and physiology. This is a sophomore-level book related to the fields of biology, allied health, nursing, and physical education.

The Concise Book of Muscles  
ECEL2015-14th European

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Conference on e-Learning,  
Understanding the Global Spa  
Industry  
Postural Assessment

*The updated edition of this authoritative, best-selling reference guide offers a comprehensive introduction to the muscular system—now with additional material on the anatomy of the body area, nerve pathways, and pelvic floor muscles This newly revised fourth edition of The Concise Book of Muscles is a comprehensive guide to the major muscle groups. Easy to use and fully illustrated with more than 500 drawings, this*



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*compact reference provides a complete profile for each muscle, clearly showing its origin, insertion, nerve supply, and action, the movements that use it, and, where appropriate, exercises that stretch and strengthen it. The book's distinctive quick-reference format shows students exactly how to locate and identify specific muscles, highlighting those that are heavily used and therefore subject to injury in a variety of sports and activities. Each muscle chapter now includes an overview of the gross anatomy of the body area to show bony landmarks, cross-sections of muscle layers,*

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*and points of attachment as well as a quick reference table and an overview of the nerve pathways that are most relevant. The book also includes a new chapter on the pelvic floor muscles—of particular interest to those studying or practicing yoga and Pilates. While designed for the student and beginning practitioner of anatomy, massage, bodywork, physical therapy, chiropractic medicine, physiotherapy, yoga, and Pilates or any other health-related field, The Concise Book of Muscles is equally useful for athletes and anyone interested in the workings of the human body.*

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*The third edition of this popular introduction to human anatomy and physiology has been revised, enlarged and redesigned to make it even more accessible. By using glossaries, tables, clear illustrations and well structured text, the book describes and explains the eight body systems, histology, and the accessory organs. William Arnould-Taylor MSc PhD (Physiology) has a distinguished record in the field of physiology. His contributions to promotion of education have been considerable, as an international examiner, author and broadcaster. This book will prove invaluable*

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*for anyone requiring an understanding of the structure and function of the human body. It will be particularly useful for students of courses related to sport, physical therapy or beauty therapy.*

*The best selling book for holistic therapists by Francesca Gould has now been updated and revised with a new full color design. It makes learning fun through enjoyable activities such as crossword puzzles. It is a basic level text describing anatomy and physiology in the simplest terms for those wanting to learn the basics in a holistics or beauty therapy context.*

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*A reference work on human anatomy and physiology. It focuses on key aspects of human anatomy and physiology by combining concise text with informative line diagrams. Both have been revised in this 4th edition to ensure that the content reflects developing knowledge and terminology. Bags to Bitches to Botox to Banned*

*Total Massage*

*Anatomy and Physiology*

*A Textbook of Anatomy and Physiology*

*An Introductory Guide to Anatomy & Physiology, 5th Edition*

Total Massage takes you through everything the first-time massage

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therapist needs to know. Beginning with an introduction to the principles and history of massage stretching back to 5000BC, Gill Tree then talks the reader through a series of essential techniques which once learnt can be applied to any part of the body. The book then studies the massage of specific body parts such as the back, legs or chest and finishes with a series of extended massage programs suitable for a variety of situations and people. If you are looking to relieve jetlag, escape the stresses of modern life, learn how to massage your baby, or take time out at the office, Total Massage is the only book you'll need.

This book has been written specifically for holistic therapy students and is invaluable for any major body massage

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course. It includes a full body massage routine, with each massage movement illustrated with clear, specially commissioned step-by-step photographs. It covers advanced massage techniques such as neuromuscular massage, shiatsu, acupressure and deep tissue massage. Come and peek inside my Pole Essentials...! Whether you are brand new to the world of pole dancing or already a seasoned pole athlete, I have devised Pole Essentials to be just that - an 'essential' addition to your pole training and dancing. I just adore pole dancing as it celebrates everything about being a woman - our curves, our sensuality, our femininity, our determination and our persistence. You are now holding in your hands the

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perfect reference to make your learning experience effortless. Not only do you have over 70 moves all beautifully photographed, but I have included all my amazing pole tricks, tips, and body principles, which are vital to your great pole practice. Use it as a reference manual, a pole journal or just as an inspiring reminder that you can achieve anything you desire. Enjoy and have fun!

These Proceedings represent the work of contributors to the 14th European Conference on e-Learning, ECEL 2015, hosted this year by the University of Hertfordshire, Hatfield, UK on 29-30 October 2015. The Conference and Programme Co-Chairs are Professor Amanda Jefferies and Dr Marija Cubric, both from the University of



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Hertfordshire. The conference will be opened with a keynote address by Professor Patrick McAndrew, Director, Institute of Educational Technology, Open University, UK with a talk on "Innovating for learning: designing for the future of education." On the second day the keynote will be delivered by Professor John Traxler, University of Wolverhampton, UK on the subject of "Mobile Learning - No Longer Just e-Learning with Mobiles." ECEL provides a valuable platform for individuals to present their research findings, display their work in progress and discuss conceptual advances in many different branches of e-Learning. At the same time, it provides an important opportunity for members of the EL community to come together

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with peers, share knowledge and exchange ideas. With an initial submission of 169 abstracts, after the double blind, peer review process there are 86 academic papers, 16 Phd Papers, 5 Work in Progress papers and 1 non academic papers in these Conference Proceedings. These papers reflect the truly global nature of research in the area with contributions from Algeria, Australia, Austria, Belgium, Botswana, Canada, Chile, Cov-entry, Czech Republic, Denmark, Egypt, England, Estonia, France, Germany, Ireland, Japan, Kazakhstan, New Zealand, Nigeria, Norway, Oman, Portugal, Republic of Kazakhstan, Romania, Saudi Arabia, Scotland, Singapore, South Africa, Sweden, the Czech Republic, Turkey, Uganda, UK,

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United Arab Emirates, UK and USA, Zimbabwe. A selection of papers - those agreed by a panel of reviewers and the editor will be published in a special conference edition of the EJEL (Electronic Journal of e-Learning [www.ejel.org](http://www.ejel.org) ).

Improve Your Horse's Health and Wellbeing

Horse Massage for Horse Owners  
Pole Essentials

Basic Anatomy and Physiology

The Autobiography of – Bruce  
Gareth

British Vocational Qualifications is an indispensable reference for careers advisors, human resource managers, employers, teachers and students, featuring up-to-date information on over

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3,500 vocational qualifications available in the United Kingdom. These include Vocational Qualifications (VQs), National Vocational Qualifications (NVQs), Scottish Vocational Qualifications (SVQs), Related Vocational Qualifications (RVQs) and apprenticeships. The directory also covers the latest developments within the fast-changing field of vocational qualifications, and details of awarding, examining and validating bodies. British Vocational Qualifications is a simple guide for anyone who needs to understand vocational education, whether researching

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what is available, verifying a qualification for legal purposes, or reviewing where best to study for them.

Skeletal system - Muscular system - Nervous system - Sense organs - Skin - Trunk - Digestive system - Respiratory system - Blood vascular system - Lymphatic system - Excretory system - Endocrine system - Reproductive system ductive system m\_

A full colour reference guide written specifically for therapists, covering the anatomy and physiology required for beauty therapy and holistic courses.

What is the difference between

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an academic and professional qualification? Who should get a professional qualification? Did you know that some professions can not be legally practised with a degree alone? Why get a UK qualification? Is it expensive to gain a British qualification? What is a chartered institute or society, and is it better than a non-chartered body? What is the difference between a professional body and a trade union? These are all questions answered in this book which is designed to help individuals choose a career path and the right professional organisation. In today's world it isn't enough to

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have a qualification, you need to be able to meet with peers and use the valuable networks that are already in place to foster your profession. Your Professional Qualification provides a comprehensive survey of the qualifications available in the UK along with guidance on where they lead, entry requirements, where to apply and where to study. Derived from the vast and authoritative British Qualifications database, this important publication provides the first easily accessible guide to qualifications and how to get them in the UK. Built around a

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comprehensive directory of professional qualifying bodies each professional area is described in depth and its qualifications identified and explained. The book is supported by a simple website, which ensures purchasers of the book are kept up-to-speed with new developments.

Your Professional Qualification  
An Introductory Guide to  
Massage

GCE AS Level Health and Social  
Care Double Award Book (for  
AQA)

Beauty Therapy Basics  
Anatomy, Physiology and  
Pathology for Therapists and



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Healthcare Professionals

**This popular and trusted reference provides a solid introduction to the anatomy and physiology of the human body. An essential resource for all those studying esthetics, cosmetology, and holistic therapies, as well as sports therapy, nursing and paramedicine, An Introductory Guide to Anatomy & Physiology is written in a straight-forward style and uses clear illustrations to support the text. Detailed, simple to use, and easy to understand, this is an invaluable reference for students and professionals alike.**

**Revised and updated, with a**

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**new page layout, this edition contains material on facial cosmetics and treatments, skin diagnosis, new products, guidance on the selling role of beauty therapists, and expanded use of tables and charts for skin conditions and products. Exercises and questions are included.**

**This story starts with a boy of about fourteen years of age, who has lots of dreams and ambitions, as fourteen-year-old boys do. He wants to make his life and that of his brother, sisters, and mum better. He dreams of a life with money and believes he was destined to make loads of it. His father always told him, "God is your pocket and that**

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**is the only thing that really matters, Son." Sorry, he never called him 'son'; he always told him that he was never his son and that he should always call him 'George'.**

**This revised edition of An Introductory Guide to Massage is an accessible reference for students studying towards qualifications in Body and Holistic massage and provides the underpinning knowledge and skills needed for successful massage treatments. The classical techniques that form the basis of most systems are thoroughly explained, and the student is introduced to the different types of massage**

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**commonly offered by  
complementary, spa and  
sports therapists. This  
practical reference also has  
detailed sections on preparing  
for treatments, consulting  
with clients and record  
keeping, together with an  
overview of other therapies  
that are compatible with  
massage.**

**Textbook of Remedial  
Massage**

**A Directory of Vocational  
Qualifications Available in the  
United Kingdom**

**Principles and Techniques for  
the Beauty Specialist**

**Body Massage for Holistic  
Therapists**

**An Holistic Guide to Anatomy  
& Physiology**

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### *Anatomy and Physiology for Holistic Therapists Nelson Thornes*

*Written in a clear, no-nonsense style, this is the ideal textbook for students of complementary therapy up to Levels 2 and 3, nursing, physical therapy, or those studying any course requiring a detailed knowledge of anatomy, physiology and pathology. Designed for use both in the classroom and as a home study resource, it provides all the information necessary to meet or exceed the curriculum requirements of all the major international awarding bodies and incorporates many unique features not found in other texts. This updated and expanded edition complements Ruth Hull's companion text, Anatomy, Physiology and Pathology Colouring and Workbook for Therapists and Healthcare Professionals, and: meets the standards required by all the main professional*

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*bodies for massage, aromatherapy, and reflexology contains updated graphics and tables throughout to bring the book right up-to-date for today's student interspersed throughout with 'study tips', 'in the classroom', '...in a nutshell', 'did you know?' and 'infoboxes' features comprehensive muscle tables of origin, insertion, innervation, action contains basic pathology of significant diseases and disorders has a study outline, revision and multiple choice questions for each chapter. Endorsed and reviewed by awarding bodies and professional associations and adopted by colleges worldwide.*

*The Introductory Guide to Reflexology provides a concisely explained and thoroughly illustrated introduction to a complex subject. Aimed specifically at students, it is designed to be easy to use, informative and readable. The book*

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*includes the required material for many examination syllabuses, such as ITEC and covers: Study and revision are facilitated with an annotated fold-out foot chart, detailed illustrations and clearly stated learning objectives. The history and development of Reflexology The theory and concept of Reflexology Techniques and applications How to create specific conditions How to carry out professional consultation This book is a must for anyone who would like to improve the health, wellbeing or performance of their horse. Practical, educational and easy to follow, the author shares with you the knowledge and skills you need to massage your own horse. Learn about equine anatomy, massage techniques, and how to combine the moves to develop a complete massage routine. With the emphasis on how you can work with your own horse, Sue offers*

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*an insight into how to reduce pain and stiffness in your horse as well as improve performance. Massaging your horse gives something back in return for all he does for you, and will help you and your horse to truly enjoy the time that you spend together.*

*Advanced Epilation*

*1,160 Multiple Choice Questions*

*Fundamentals of Anatomy and  
Physiology*

*An Introductory Guide to Anatomy and  
Physiology*

*Anatomy, Physiology and Pathology for  
Complementary Therapists*

Anatomy and physiology is a core part of any beauty, holistic or sports therapy course and essential underpinning knowledge for all practising therapists.



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This groundbreaking book provides simple yet comprehensive coverage of anatomy and physiology for all major therapy courses including NVQ/SVQ Beauty Therapy levels 2 and 3, VTCT Beauty Therapy, Holistic Therapy and Sports Therapy and City & Guilds, ITEC, CIBTAC, BABTAC and Edexcel Beauty Therapy courses. Written in an easy to read and easy to understand style, *An Holistic Guide to Anatomy & Physiology* offers an inspiring, innovative and accessible approach to this sometimes

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daunting subject. Tina Parsons will guide all readers on a fascinating journey through the human body. Covering each system in turn, the links between the systems are clearly represented through the book's exciting features. Well structured and clearly illustrated throughout, *A Holistic Guide to Anatomy & Physiology* is an invaluable learning and reference tool for all therapy students. Written for the practising electrolysis student, this book covers all

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aspects of electro-epilation and takes into account recent changes and advances in training and technology. A section on business covers insurance, hygiene and sterilization. Bruce Gareth was a boy with determination. He managed to emerge from a poor family background to become one of today's leading aesthetic injectors, a real rags-to-riches story. He points out that, with a little knowledge, life can become so much easier and more fruitful, especially when one incorporates a sense

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of humour in life's challenges. Also, meeting interesting characters adds extra flavour to an exciting life. Savoury incidents he couldn't believe, to enjoying and watching revenge being served cold This book exposes Gareth's adventures in all aspects of life, and even provides insight into how men think about sex and women. He touches on the world of plastic surgery and explains the art of injectables. He exposes some of the practices of Harley Street and its

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surgeons. And he explains how life can come crashing in on you, when only you know the terrible secrets why. Anything written by the author is subject to scrutiny of the Royal Courts of Justice of the United Kingdom.

Find out how to give the healing touch! Reflexology is a safe and gentle therapy that combats stress, boosts the immune system, and stimulates our natural healing processes. From zone maps of the hands and feet to techniques for working the reflex points to

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illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body. A detailed directory provides instructions on relieving common ailments, and there are specialized treatments for children, couples, and the elderly.

How to Be a Pimp or a Different Kind of Entrepreneur and It Wasn'T Me!

Anatomy and Physiology for Therapists

How to Make a Great Impression and Get the Job You Want

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The Concise Book of  
Muscles, Fourth Edition  
An Introductory Guide to  
Anatomy & Physiology

***Though postural assessment is a skill required by most therapists and useful for many health and fitness professionals, few resources offer a complete discussion of the topic to support practitioners in the task. Written for students and practitioners of massage therapy, physical therapy, osteopathy, chiropractic, sports medicine, athletic training, and fitness instruction, Postural Assessment is a guide to determining muscular or***

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***fascial imbalance and whether that imbalance contributes to a patient's or client's pain or dysfunction. Jane Johnson, a practicing physiotherapist and sport massage therapist and instructor, breaks down the complex and holistic process of assessing posture into easy-to-assimilate sections. Johnson begins with a discussion of ideal posture and the factors affecting posture as well as how to provide the correct environment for postural assessment, necessary equipment, and the importance of documenting assessment findings. Then she details procedures for***



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***executing postural assessments from standing posterior, lateral, and anterior views as well as with the patient or client in a seated position. The text features tips for improving assessment technique, and What Your Findings Mean sections provide readers—students in particular—with guidance for systematic analysis. Each chapter ends with five Quick Questions, with answers, to assist in gauging understanding of the topics covered. Information in the text is enhanced with detailed illustrations that offer visual cues to learning postural assessment and identifying***

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***anatomical relationships. Line drawings illustrate bony landmarks used in the assessments, and numerous photos show both obvious and subtle postural variations. Reproducible illustrated postural assessment charts in the appendix provide space for recording observations during each step of the assessment. Postural Assessment can assist practitioners in learning what posture reveals about the relationships among various body parts and in determining whether such relationships cause or contribute to pain or discomfort. As a resource for novices, Postural Assessment***

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***offers guidance in observing and identifying common postural forms and interpreting those observations. Postural Assessment is part of the Hands-On Guides for Therapists series, which features specific tools for 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 aid in adjusting massage techniques, Client Talk boxes that present ideas for creatively applying***

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***techniques for various types  
of clients, and questions for  
testing knowledge and skill.***

***Anatomy and Physiology for  
Holistic Therapists***

***Parents***

***Complementary medicine and  
disability***