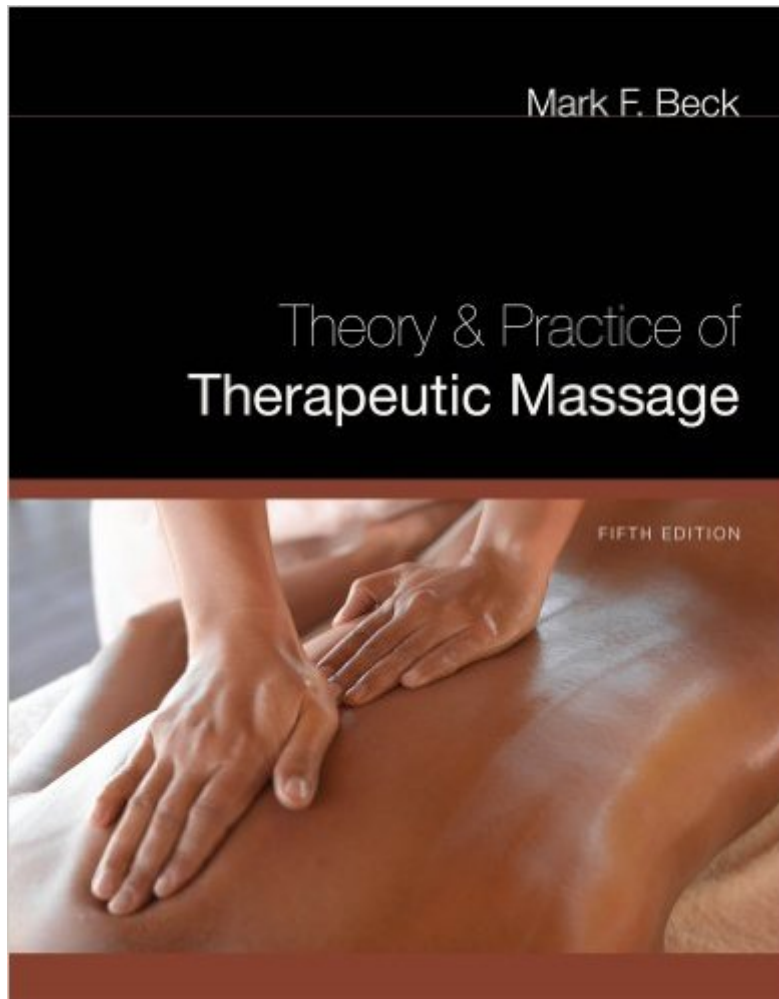


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# Theory And Practice Of Therapeutic Massage



## Synopsis

The 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 massage 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.

## Book Information

Paperback: 1008 pages

Publisher: Milady; 5 edition (April 23, 2010)

Language: English

ISBN-10: 1435485246

ISBN-13: 978-1435485242

Product Dimensions: 1.2 x 8.2 x 10.5 inches

Shipping Weight: 5 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (54 customer reviews)

Best Sellers Rank: #168,309 in Books (See Top 100 in Books) #65 inÂ Books > Business & Money > Job Hunting & Careers > Vocational Guidance #121 inÂ Books > Business & Money > Industries > Service #152 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage

## Customer Reviews

I used this text (and workbook) in massage school last year. While the text has its strengths and weaknesses, too often, key concepts were not explained clearly or in enough detail. In studying for the massage exam (NCTMB), I found it essential to use other books (e.g., an anatomy and physiology text) in order to have an understanding of some fundamental concepts that were either skipped or superficially discussed in the text. My expectation was that this book would be a good reference for using in my massage practice. Based upon my experience so far, it would need more details in many key areas in order for me to use it this way. Since school, I have rarely referred to it,

and used it only occasionally in studying for the exam. The book's strengths are primarily in the extent of the material that it covers. I have not found any other single book that covers such a broad scope of information. And some of the information covered, I have not yet found anywhere else. This book has a few weaknesses that if addressed, could make this THE text for massage. First, there tends to be a general lack of clarity in presentation; issues are often talked about rather than clearly stating what something is and how it fits in with the larger picture. I often had to reread sections several times (very frustrating) in order to understand what point the author was trying to convey. I noticed when reading a separate anatomy and physiology text (I bought one while I was in school), that concepts were explained in more detail, and one or two readings were sufficient. In this text, anatomy and physiology facts were often stated one after another and made into a paragraph, which made understanding difficult. Second, there tended to be a lack of detail on key concepts.

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