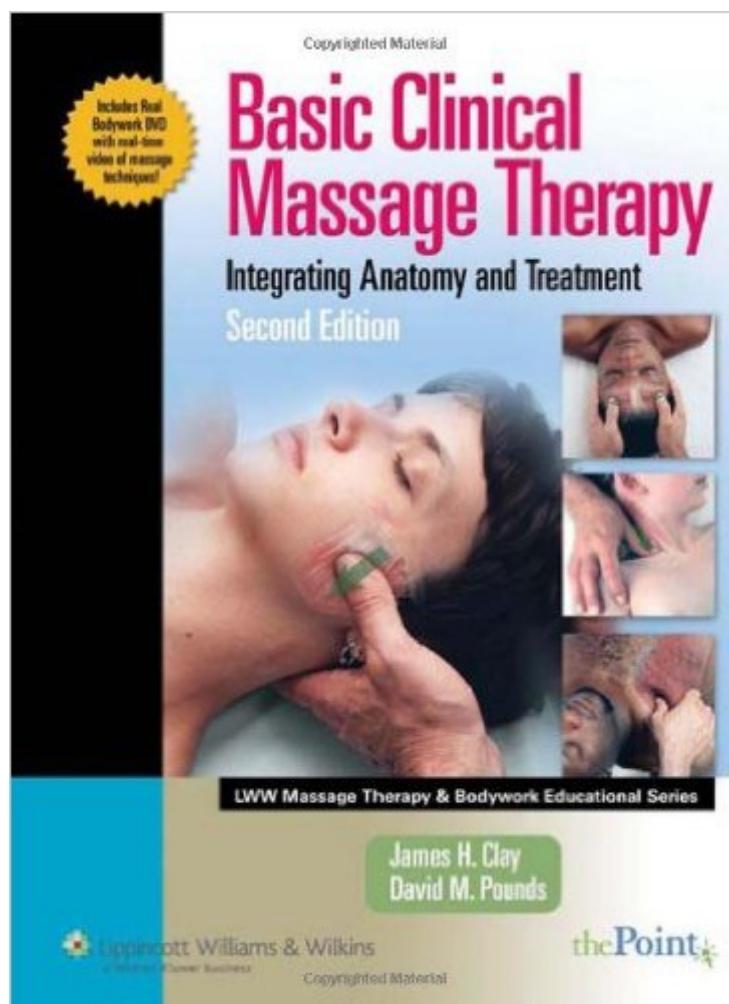


The book was found

Basic Clinical Massage Therapy: Integrating Anatomy And Treatment Second Edition (LWW Massage Therapy And Bodywork Educational Series)



Synopsis

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.

Book Information

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Customer Reviews

This book is the best Introduction to massage therapy I Have found so far. The title says it all really; Basic Clinical Massage Therapy Integrating Anatomy and Treatment. The book is extremely practical and demystifies massage using its very functional integrated approach. If you want to become really good at massage this might be the only book you may ever need. I am in massage school and the techniques covered in this book very plainly and easy to understand is beyond the scope of many of the soon to be graduating students. Even if your just a layperson who wants to get good at massage this is the book for you, It maybe somewhat technical but the format makes it very easy to understand and apply. This Is my favorite anatomy book for massage also because of the

integration directly into application and very clear and easy to understand photos and illustrations. This book will give you an extremely solid base to use your own creativity or using other mediums to learn new techniques to work the same areas for example the use of forearms, elbows, massage tools, knees, feet. The book presents things in a basic easy to understand format but In reality they are covering many advanced techniques that work trigger points and traditional shiatsu points in a flowing method of application with out directly specifying the location of trigger points. The beauty is the simplicity of its presentation and only once moving on to more "advanced" learning materials such as trigger points will you realize how much you really learned from this book. My suggestion would be to get a foam roller, a ma roller, and one of those curved stick self massage tools along with the Trail guide to the body trigger point manual along with this book.

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