



Textbook of Remedial Massage, 1e

*Sandra Grace PhD MSc(Chiro) Grad Cert Sports Chiro Cert Clinical Chiro Paediatrics Dip Acup DBM DO
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A practical massage textbook + DVD for both massage students and established practitioners of remedial massage

The content in the comprehensive *Textbook of Remedial Massage* is drawn from cutting-edge research as well as the authors' lengthy experience in massage education.

Covering essential topics, from history-taking to contraindication, *Textbook of Remedial Massage* is an excellent resource for Diploma of Massage students. Indeed, much of the textbook's content aligns with the HLT07 training package.

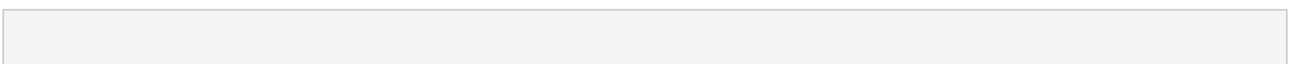
Client Assessment - The first of *Textbook of Remedial Massage*'s three sections addresses practitioner assessment of remedial massage clients. This includes information on how to adapt massage techniques for clients' individual needs.

Massage techniques - The second section provides readers with clear instruction in common remedial massage techniques, such as trigger points, CRAC stretching and myofascial release. Each of these techniques is explained through illustrations and photographs, along with a detailed rationale on its physiological principles and evidence base. Crucially, contraindications and precautions are explained for each massage technique.

Body regions - The final section of this excellent health title applies remedial massage techniques to specific body regions, all of which are demonstrated in detail on the accompanying DVD.

The authors' evidence-based approach is in keeping with the wider Allied Healthcare community. This approach is a key determinant of Medicare client rebates, as well as rebates from many private health funds, making it an essential aspect of contemporary massage.

- Detailed assessment technique
- Evidence-based approach
- Includes techniques integral to the HLT07 Diploma of massage - all essential skills and knowledge for the competencies of the units in the training package.
- Anatomy described in functional terms
- Accompanying DVD with videos of content covered in book. DVD content is divided up into assessment and treatment techniques.



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From reader reviews:

Tom Moore:

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try matter that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Textbook of Remedial Massage, 1e, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't understand it, oh come on its called reading friends.

Allison Devore:

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