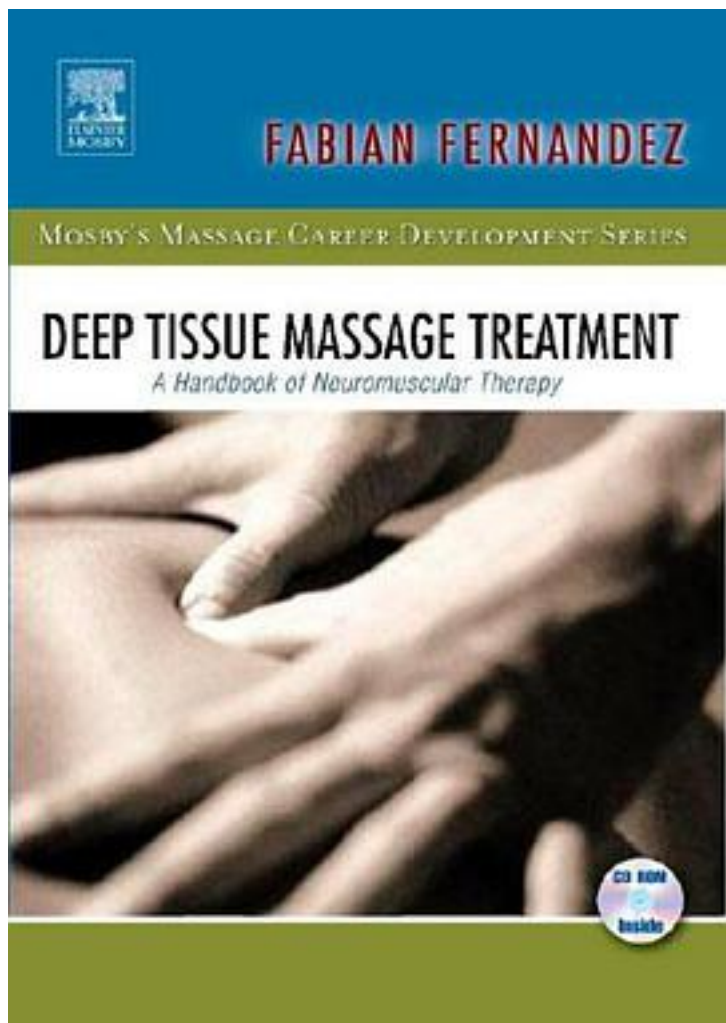


# Deep Tissue Massage Treatment



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出版者:Elsevier Science Health Science div

出版时间:2006-4

装帧:Pap

isbn:9780323037341

Presented in a clear and easy-to-use format, this book provides basic assessment of

neuromuscular conditions and an overview of techniques specific to deep tissue massage. The most commonly used techniques are covered with illustrations and hints for performing techniques. The bulk of the book presents treatment routines for the 22 most commonly encountered neuromuscular conditions. Routines are outlined step-by-step and clearly describe exactly what therapists need to do to treat a particular condition. \* The first text on the market that delineates deep tissue routines or treatments. \* Provides techniques, routines, and procedures for the treatment of a wide array of neuromuscular conditions, including carpal tunnel syndrome, tennis and golfer's elbow, frozen shoulder, rotator cuff dysfunctions, thoracic outlet syndrome, whiplash, migraines, kyphosis, lordosis, and scoliosis, among others. \* Each chapter on conditions follows a template with a definition of the condition, a list of associated symptoms, indications and contraindications for massage, and a procedure/routine. \* Routines are outlined step-by-step and clearly describe for the therapist exactly what needs to be done to treat a particular condition. \* Heavily illustrated, with many photos of each technique and routine, as well as some photos illustrating conditions. \* Photos of indicated and contraindicated stretches with a brief explanation of why they are indicated or contraindicated.

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