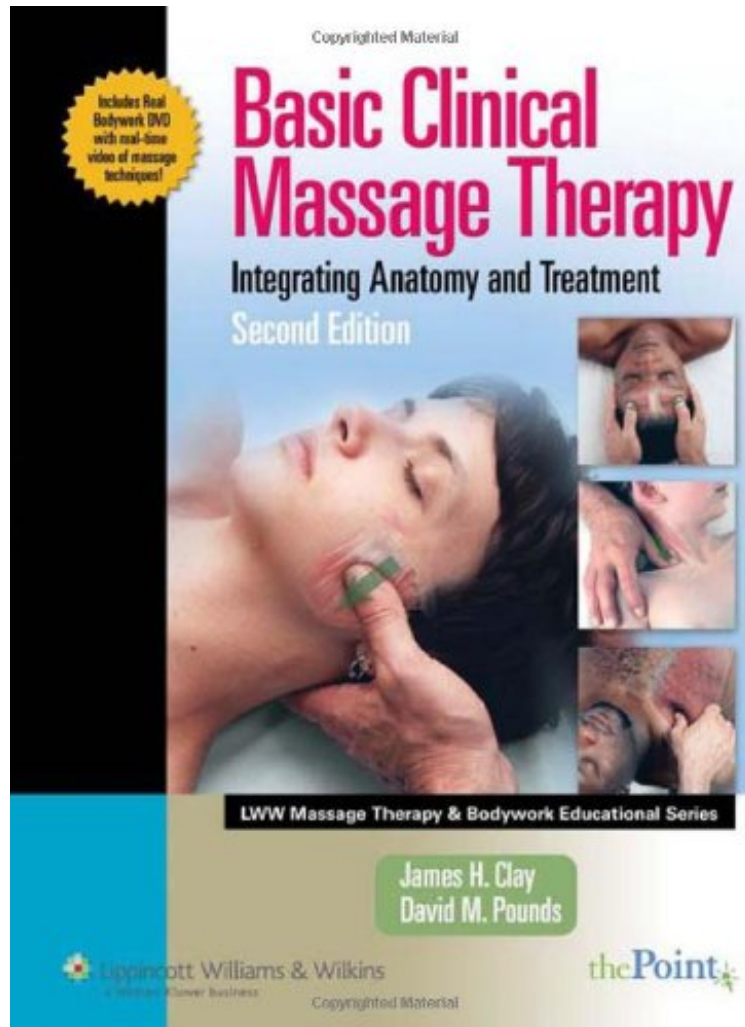


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Basic Clinical Massage Therapy: Integrating Anatomy and Treatment Second Edition (LWW Massage Therapy and Bodywork Educational Series)

James H. Clay MMH NCTMB, David M. Pounds
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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 you're just a layperson who wants to get good at massage this is the book for you, it may be 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 without 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 massage 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. The self massage tools can help you to understand how to properly apply many of the techniques covered in the book. This book is my favorite anatomy/palpation manual for massage and covers a variety of techniques for application as well. The construction of the book is high quality and built to last. Get this book you will not regret it. But you may regret the other massage books you purchased before this one. 3 of 3 people found the following review helpful. A must have for clinical massage practitioners. By Roxs After using the Trail guide and all its gadgets I thought I would not need another anatomy book. This book should be on the schools list of required texts. It really helped me with the details. I am so excited because I can finally break the body down into segments-if I may call it that- and learn and practice the proper techniques required for each. I am also able now to create cheat charts indicating attachments, origins and how they correlate with regards to appropriate treatment choices. This book gives me the confidence not only to work on my clients, but the ability to communicate with them confidently, honestly and knowledgeably. Thanks again to the LWW Massage Therapy Bodywork Team. 3 of 3 people found the following review helpful. Purchasing this item helped me pass my national exams! ...By Keeva Blackwood Purchasing this item helped me pass my national exams! I am now a licensed massage therapist! It points out the absolute necessary information and cuts out all of the extra confusing info that can bog down your brain!

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.