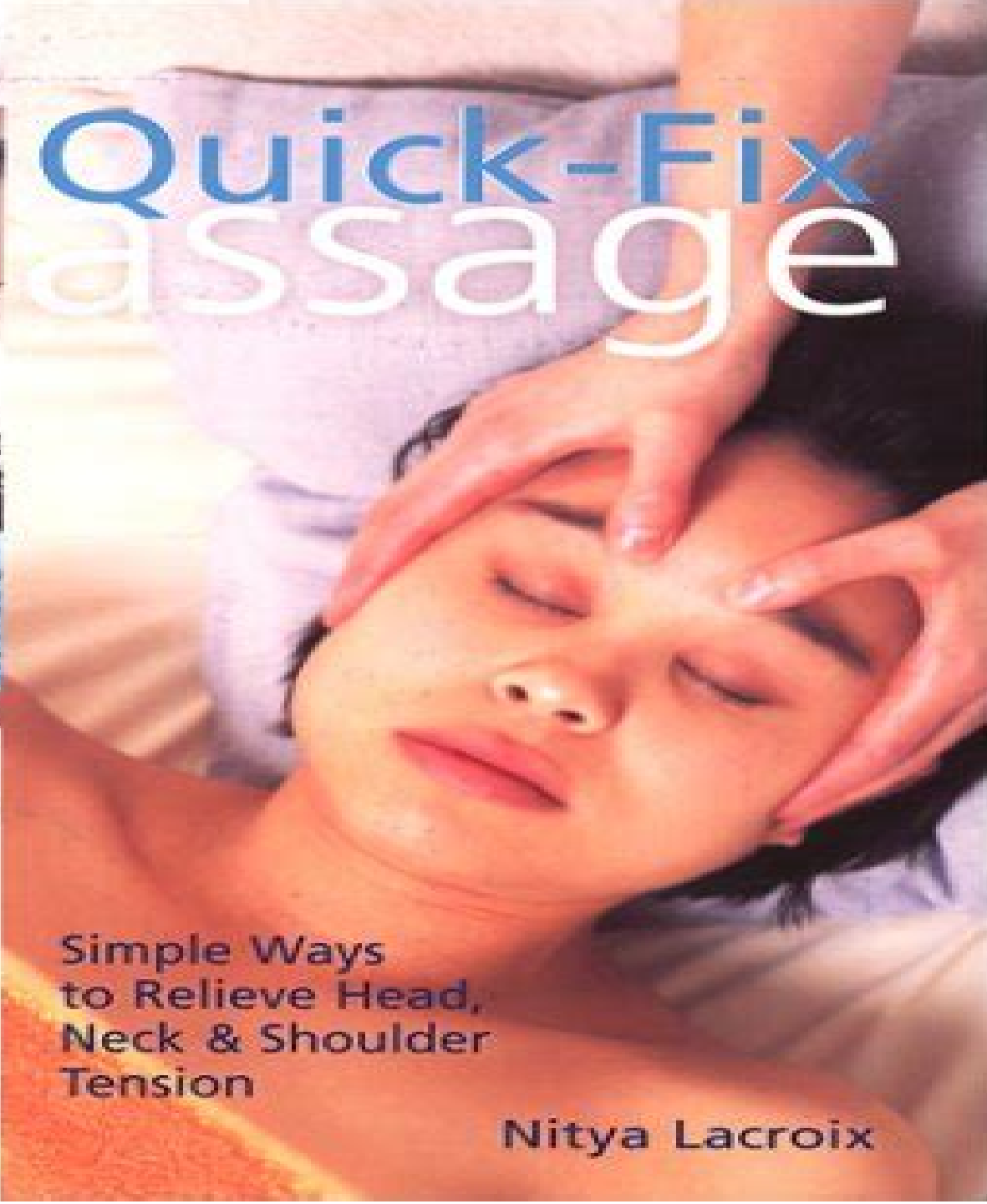




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Quick-Fix Massage



Simple Ways
to Relieve Head,
Neck & Shoulder
Tension

Nitya Lacroix

Quick Fix Massage Simple Ways To Relieve Head Neck Shoulder Tension

Chris Hayes



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Sports And Remedial Massage Therapy Mel Cash,2012-08-31 This is the definitive reference book on massage as a remedial therapy for sports training and sports injuries It covers all practical and theroretical aspects of the subject ranging from the basics through to the treatment of soft tissue injuries and it gives guidance on how to work in a support role with medical practitioners treating more serious injury It offers innovative new ideas like working posture and the psychology of injury treatment This book goes beyond the conventional idea that massage is just a pleasant luxury and shows it as a vital component in an athlete s training The therapy offers effective pain relief for muscular problems with practical advice on how to achieve permanant solutions to improve performance in sport Essential Back Care DK,2011-07-18 The complete guide to the prevention diagnosis and treatment of back and neck injuries Essential Back Care provides authoritative and constructive information and advice and is an ideal guide for anyone with back pain who wants to take an active role in their health care *The Shoulder* César Fernández-de-las-Peñas,Jeremy Lewis,2022-03-21 The Shoulder Theory Practice presents

a comprehensive fusion of the current research knowledge and clinical expertise that will be essential for any clinician from any discipline who is involved with the assessment management and rehabilitation of musculoskeletal conditions of the shoulder This book is a team project led by two internationally renowned researchers and clinicians Jeremy Lewis and Cesar Fernandez de las Peas Other members of the team include over 100 prominent clinical experts and researchers All are at the forefront of contributing new knowledge to enable us to provide better care for those seeking support for their shoulder problem The team also comprises the voices of patients with shoulder problems who recount their experiences and provide clinicians with important insight into how better to communicate and manage the needs of the people who seek advice and guidance The contributing authors include physiotherapists physical therapists medical doctors orthopedic surgeons psychologists epidemiologists radiologists midwives historians nutritionists anatomists researchers rheumatologists oncologists elite athletes athletic trainers pain scientists strength and conditioning experts and practitioners of yoga and tai chi The cumulative knowledge contained within the pages of The Shoulder Theory Practice would take decades to synthesise The Shoulder Theory Practice is divided into 42 chapters over three parts that will holistically blend as the title promises all key aspects of the essential theory and practice to successfully support clinicians wanting to offer those seeing help the very best care possible It will be an authoritative text and is supported by exceptional artwork photographs and links to relevant online information

Sports & Exercise Massage Sandy Fritz, 2013-02-01 Providing guidelines for applying massage to amateur and professional athletes Sports a brief anatomy and physiology review basic nutrition for fitness a review of massage methods and detailed descriptions of therapeutic techniques that apply to sports massage such as lymph drainage care of acute injury connective and deep tissue applications and pain management and discussions of categories of injury common to athletes sprains strains wounds contusions joint injury and more More than 600 full color illustrations show procedures concepts and techniques Student friendly features include chapter outlines and learning objectives key terms summaries review questions a glossary and In My Experience boxes highlighting real life situations in sports and exercise massage Case studies provide an opportunity to develop clinical reasoning skills Student resources on an Evolve companion website include videos demonstrating techniques a stretching atlas a general massage protocol and additional case studies Expert author Sandy Fritz provides massage for professional athletes in many sports and her school the Health Enrichment Center had a 13 year partnership with the Detroit Lions UPDATED photos and illustrations show techniques with more clarity than before NEW Stretching chapter shows how to use methods of stretching in a safe and beneficial manner UPDATED complete general protocol suitable for the common athlete is included on the Evolve companion website featuring a video and a step by step guide that can easily be modified to meet the specific needs of athletic clients Added emphasis on treatment planning for athletic clients includes case studies and more In My Experience boxes describing Sandy Fritz's real life experiences with sports massage Expanded chapter on research supports evidence informed practice including research

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