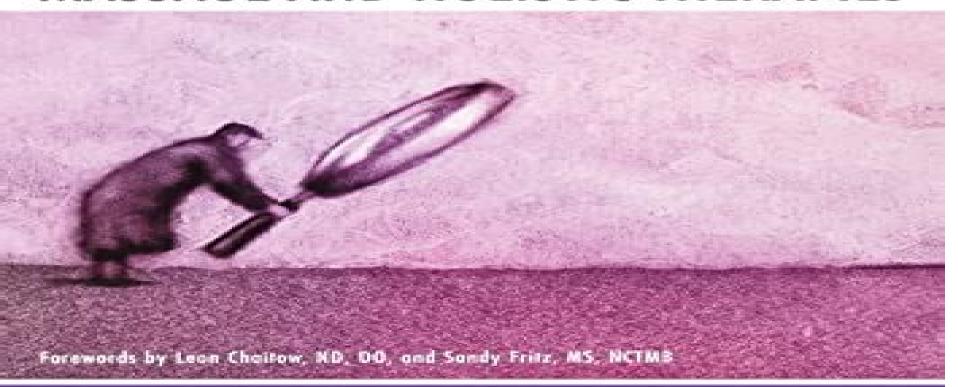


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Research Methods For Massage And Holistic Therapies

Joacim Rocklöv

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conditions often seen in massage therapy practice This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention Essential Sciences for Therapeutic Massage - E-Book Sandy Fritz, 2012-04-16 The fourth edition of this science essentials text for massage students features new full color photos and illustrations along with an easy to read conversational style that explains A P concepts clearly The book not only helps students learn the information they need to pass certification exams but it also helps them see how scientific content applies to actual practice. This new edition also features a very enhanced Evolve resource package along with new material on boosting your knowledge of nutrition and research two subjects of growing interest in the massage therapy profession Clinical reasoning activities included in the workbook section for each chapter promote problem based learning Format combining workbook and textbook features gives you immediate review tools in the form of matching exercises short answer questions fill in the blank questions drawing exercises and critical thinking questions Sections on pathologic conditions feature intervention protocols as well as indications and contraindications for therapeutic massage Expert author Sandy Fritz provides credibility and authority to the information presented Practical Applications boxes in each chapter enable you to see the way material applies to real practice and supports competency based learning Highly illustrated format features over 700 full color line drawings and photos Updated chapters and artwork have all been revised to reflect the most current industry information and reviewer feedback MTBOK mapping for instructors on the Evolve website includes a mapping document that links the student objectives in the book to the components of the MTBOK New muscle illustrations in Chapter 9 clearly show attachments and actions as well as the relationships between different muscles in composite drawings Coverage of nutrition now in Chapter 12 includes information on the digestive process basics of solid nutrition how vitamins and minerals affect the body and how proper nutrition affects the functions of all systems of the body Enhanced pathology and indications contraindications appendix includes more illustrations to increase your understanding of what you may encounter during practice Improved biomechanics chapter activities that use photos instead of drawings help you better understand and apply gait assessment and muscle testing Clinical Reflexology Denise Tiran, Peter A. Mackereth, 2010-12-01 Clinical Reflexology takes the practitioner concepts on a journey of examination critical review and debate prior to making recommendations for best practice in reflexology The phenomenal rise in interest by health professionals in Complementary and Alternative Medicine CAM and in particular touch therapies has led to a need for texts that relate and integrate theory and practice to health care settings Clinical Reflexology does this expanding and exploring concepts introduced in the first edition Many CAM books have been written for therapists working in private practice but many of these practitioners are also now working in healthcare settings This book allows both groups to facilitate the greater integration of clinical reflexology in clinical practice. The book is divided into two sections The first deals with key themes including an up to date review of the research evidence and appropriate methodology safe and

supported practice and integration issues All these themes are explored and discussed utilizing the available literature analysis of models and concepts and are related specifically to health care practice. The second section focuses on the clinical application of reflexology and how it can be best adapted to the context The contributors are committed pioneers in their field with a track record of integrating reflexology within clinical settings Many are teachers coordinators of therapy services and supervisors ABOUT THE AUTHORS Dr Peter Mackereth is the Clinical Lead for Complementary Therapies and Smoking Cessation Services at The Christie NHS Foundation Trust Manchester He is a registered nurse and has worked in intensive care neurology and oncology Peter has an MA in Medical Ethics and has completed a PhD project examining reflexology vs relaxation training for people with Multiple Sclerosis An author and renowned speaker Peter has held academic post in number of universities most recently as Reader in Integrative Health at the University of Derby Denise Tiran a midwife lecturer and reflex zone therapist is an internationally acclaimed authority on complementary therapies in pregnancy and childbirth She is Director of Expectancy the leading provider of professional education on the safe use of complementary therapies in maternity care including a special pregnancy course for reflexologists Her latest book Reflexology for Pregnancy and Childbirth was published in January 2010 Mosby's PDQ for Massage Therapists - E-Book Mosby, 2008-11-25 Ideal for both massage students and practicing therapists this pocket sized reference provides key information in a handy easy to use format Bullet lists tables and numerous full color line drawings and photos make this reference ideal for use on the go This second edition is thoroughly updated and includes new muscle illustrations and new sections on how nutrition and common medications affect massage treatment planning helping you provide even more effective treatment for your clients A quick reference format provides all of the key information you need with fast access illustrations charts and tables The pocket sized format and spiral binding allow the book to lay flat so you can quickly reference the pages you need while leaving your hands free to work User friendly full color design includes vibrant illustrations as well as highlights and clarifies important facts to help you easily find what you need Muscle illustrations and an updated muscle chart provide quick reminders of muscle locations and actions to assist in assessment and treatment planning The latest nutritional information with a chart of vitamins and minerals helps you keep track of patients nutritional intake An updated section on body mechanics with numerous color photos demonstrates correct positioning and posture to perform various strokes and techniques for more effective practice Updated content on pharmacology and medication helps you provide safe and effective massage with information on the most commonly used medications and their effects on pain sensation The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching Joseph E. Muscolino, 2008-12-01 This new work by a renowned massage author takes a close look at palpation of muscle and bone and includes content related topics including trigger points with their pain referral patterns stretching and body mechanics The DVD features video demonstrations of palpation Mosby's Fundamentals of Therapeutic Massage Sandy Fritz, W. Randy Snyder, 2009 of all muscles Illustrations

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