This is the definitive reference book on massage as a remedial therapy for sports training and sports injuries. It covers all practical and theoretical 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 permanent solutions to improve performance in sport.

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Minor Injuries A Clinical Guide for Nurses, Dennis Purcell (R.N.), 2003, Medical, 256 pages. Describes how to identify and treat minor injuries and illnesses, such as abrasions, sprains, colds, and burns, while illustrations demonstrate proper treatment methods.

Mosby's Massage Therapy Review, Sandy Fritz, Feb 1, 2014, Medical, 552 pages. Written by massage therapy expert Sandy Fritz, this unique review resource prepares you for all of your massage therapy exams - both routine semester exams and tests.

Physical Therapy and Massage for the Dog, Julia Robertson, Andy Mead, Mar 15, 2013, Medical, 192 pages. Interest in canine massage and physical therapy has grown as greater emphasis is placed on the general fitness and agility of dogs, as pets and as sporting animals. In this.

Equine Injury, Therapy and Rehabilitation, Mary Bromiley, Mar 27, 2013, Medical, 232 pages. Mary Bromiley’s book remains essential reading for both professionals and the general riding community. This new edition builds on the huge success of the previous editions.

Massage Therapy Theory and Practice, Jean E. Loving, 1999, Medical, 300 pages. This comprehensive theory and practice texts covers an array of difficult concepts in an easy-to-understand manner. It is the ideal review tool for massage therapy students and.

Dr Ali's Ultimate Back Book A Unique Integrated Programme Featuring Diet, Yoga and Massage, Mosaraf Ali, 2002, Back, 223 pages. 'His credentials are impeccable, the results are astonishing' Daily Mail

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Connective Tissue Manipulations: Theory and Therapeutic Application, Volume 2 Theory and Therapeutic Application, Maria Ebner, 1985, Medical, 277 pages. Connective tissue manipulations speed up the healing process in all conditions where improved circulation is vital. This book is designed to make the physiotherapist's work.

Massage, Denise W. Brown, 1996, Massage., 183 pages. This Teach Yourself title introduces the many different schools of massage and shows how to perform basic stroke and techniques. Clear diagrams and illustrations show how.


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