Massage

Peggy Horan

The Book of Massage Lucinda Liddell,2012-11-20 A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology. The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

Connecting Through Touch Peggy Horan, 2008-02-14 Starting with a simple setting that can easily be accomplished with few special preparations, readers will learn, step-by-step, how to make a deep and meaningful connect with their partner's body. Using a combination of strokes from the most time-honored massage traditions, they will learn to be mindful of where their partner holds stress and tension. As the massage continues, readers will enter into a profound nonverbal dialogue with their partner, learning much from the simple act of contact with another body. All of the techniques are illustrated with black-and-white photographs. Elegant and refined, this book is a perfect gift for a special someone or a friend in love.

Spa Bodywork Anne Williams, 2007 This textbook guides massage therapists through each step of delivering a spa treatment—from consideration of the indications and contraindications to scope of practice issues, supplies, room set-up, specific procedure steps, and ideas for integrating massage techniques, spa products, and enhancing accents. While wet-room treatments are discussed, the focus is on dry-room treatments, which can be delivered in a wider variety of settings. More than 250 full-color photographs illustrate each technique and treatment. Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step-by-step procedures section. Sanitation Boxes offer clean-up and sanitation tips. Sample Treatments include promotional descriptions, product recommendations, and recipes for creating inviting smell-scapes.

Beyond Horse Massage Jim Masterson, 2011-11-15 Would you like to enable your horse to perform and feel better, to overcome old limitations and reach its full potential? In this book, Jim Masterson, Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams, and for equine clientele competing in FEI World Cup, Pan American and World Games competitions, teaches a unique method of equine bodywork, in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance. This practical book: * has step-by-step instructions, photographs and illustrations * is ideally suited to accompany you to the barn, where you will practice the Masterson Method techniques on horses. * includes chapters with Tips & Techniques, anatomical explanations and examples from Jim's practice help deepen your understanding. * has a quick reference section will point you to exercises that are specifically suited to your particular discipline, may it be dressage, endurance, eventing or barrel racing, or others in the vast realm of horse sports. By using these techniques, and knowing the responses to look for, you are able to: * achieve a release of accumulated stress in deep-seated key junctions of the horse's body that affects mobility, comfort, attitude, training and performance * restore muscular and structural balance, and natural alignment * enable your horse to perform optimally and respond to your training without stiffness and pain * achieve new levels of communication and trust with your horse that spill over into other areas of interaction.

The Massage Book George Downing,1974

Basic Clinical Massage Therapy James H. Clay,2008 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 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.

The Massage Therapist's Handbook Michael Alicia, 2011 After nearly two decades of teaching at the Swedish Institute and maintaining a successful practice Michael Alicia, LMT, provides a practical manual to help beginning massage therapists establish a successful practice. The Massage Therapist's Handbook navigates through the array of business decisions necessary to start a business - from what and where to practice to what to charge and when to work. It answers the basic questions of beginning a massage business. --backcover.

Equine Massage Jean-Pierre Hourdebaigt, LMT,2007-05-21 A long-awaited update of the classic equine massage reference Fully revised and updated, this new edition provides step-by-step instructions and more than 180 photographs and diagrams to help riders and professionals alike master equine massage techniques. This authoritative guide provides detailed information about massage movements, pressures, rhythms, and sequences. It includes: * An introduction to equine anatomy, physiology, and kinesiology * Practical information on stretching and hydrotherapy * Four new chapters covering equine myofascial massage, Equine TMJ (temporomandibular joint) Dysfunction Syndrome, Equine Muscular Compensation Phenomenon, and saddle fitting * A conformation check-up routine * Information about areas of stress specific to each discipline and different massage techniques and routines for different situations Equine massage enhances the performance and quality of life of horses by increasing flexibility, reducing stiffness, improving attitude, and shortening recovery time from injury. In addition to its many health benefits, equine massage strengthens the bond between the horse and his owner, trainer, or groom. Using these techniques, you'll learn to see with your hands and sense areas that need special attention. Equine Massage, Second Edition is truly a hands-on guide to proven massage techniques that improve a horse's well-being.

The Essential Massage Book Eilean Bentley, 2006-11-01 Massage is the safe, effective, drug-free way to treat countless ailments and injuries, from headaches and sprains to chronic back pain. This fully illustrated guide gathers the most effective techniques of all the different systems in one easy-to-use volume. Comprehensively covering five basic approaches--whole-body techniques, localized massage and pressure techniques, massage for relaxation and stress relief, and massage for pleasure--it offers detailed instructions on every system, from traditional Chinese methods to shiatsu, reiki, aromatherapy, and reflexology. Also covered are self-massage, holistic massage, hand treatment, head massage, and the chakras.

A Massage Therapist's Guide to Understanding, Locating and Treating Myofascial Trigger Points Leon Chaitow, Sandy Fritz, 2006-01-01 Describing the background to the evolution of Rnon-specificS backache as well as the assessment and treatment methods ideal for use in combination with massage therapy, deriving from physical therapy, osteopathic, and chiropractic sources, this book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache.

The Massage Connection Kalyani Premkumar,2004 This textbook is focused on the anatomy and physiology needs of massage therapy students and practitioners. It gives extensive coverage of the major body systems- integumentary, skeletal, muscular, and nervous-crucial for massage therapy. It also provides an overview of other body systems so students have a well-rounded understanding of anatomy and physiology. (Midwest).

Clinical Massage in the Healthcare Setting - E-Book Sandy Fritz, Leon Chaitow, Glenn Hymel, 2008-01-28 Covering advanced massage therapy skills, this practical resource prepares you to work with medical professionals in a clinical setting, such as a hospital, hospice, long-term care, or other health-related practice. It discusses the many skills you need to succeed in this environment, helping you become a contributing member of an integrated team. Also covered are the essentials of clinical massage, such as indications and contraindications, review of massage methods, range of motion testing, SOAP note documentation, and a massage therapy general protocol. Case studies show how a multidisciplinary approach applies to real-world clients. By coordinating your work with other health professionals, you can enhance patient care in any

clinical setting! Includes a DVD with: Two hours of video showing specific applications, featuring author Sandy Fritz. A complete general protocol for massage. State-of-the-art animations depicting biologic functions and medical procedures. 700 full-color illustrations accompany procedures, concepts, and techniques. An integrated healthcare approach covers the healthcare environment and the skills necessary to be a contributing member of an integrated healthcare team. A research-based focus emphasizes research, clinical reasoning, and outcome-based massage application — for effective massage application in conjunction with healthcare intervention. A complete general protocol provides a guide to treating disorders and maintaining wellness, with recommendations for positioning and interventions, using a step-by-step sequence that can easily be modified to meet a patient's specific needs. A palliative protocol helps you temporarily relieve a patient's symptoms of disorders or diseases. Case studies focus on outcome-based massage for individuals with multiple health issues, detailing assessment, medical intervention, justification for massage, and session documentation. Coverage of advanced massage therapy skills and decision-making skills includes specific themes for effective massage application, allowing you to consolidate massage treatment based on the main outcomes — useful when working with individuals with multiple pathologies or treatment needs. A discussion of aromatherapy provides safe recommendations for the use of essential oils in conjunction with massage, to promote healing of the body and mind. Descriptions of illness and injury include relevant anatomy/physiology/pathophysiology, as well as strategies and massage applications to use for pain management, immune support, stress management, chronic illness, and post-surgical needs. Coverage of insurance and reimbursement issues relates to you as a massage professional. Strategies for general conditions such as substance abuse, mental health, orthopedic

Canine Massage Jean-Pierre Hourdebaigt, 2004 Use massage to help your dog relax, to condition the canine athlete, to assist in recovery from injuries or to ease chronic pain. Learn the techniques of a recognized expert in the field so that you can bring the well-known benefits of massage to your own dog or become a canine massage specialist. New edition has over 100 illustrations and 100 photos, detailed examinations of muscular stress points, diagnoses and treatments. You will learn the basics of canine anatomy and kinesiology; massage movements, pressures, techniques and systems; routines designed to address specific health problems; stretching and hydrotherapy techniques; tips on how to run a canine massage business, and more. Excellent source of information on dog anatomy as well.

Pre- and Perinatal Massage Therapy Carole Osborne, Michele Kolakowski, David Lobenstine, 2021-03-03 This is the third edition of a highly successful guide to using massage therapy through all stages of the birth process, from pregnancy, through labor and birth, and into the long postpartum period. It is primarily for massage therapists but is also intended for physical therapists, other manual therapists and bodyworkers, nurses and midwives, physicians and doulas - any professional who wants to integrate more therapeutic touch in their work. The text combines what anyone who works with pregnant people needs: an exhaustive distillation of current scientific knowledge, alongside hands-on recommendations, specific techniques and business success from almost a century of the authors' combined experience. The reader will gain a detailed understanding of what is happening to the body during pregnancy and beyond, how massage techniques can impact those changes, and very concrete, applicable strategies for how to work with maternity clients to make them feel better. Amidst this abundance of detail about what to do, the authors also explore the flipside - what therapists need to modify and avoid to ensure that their work with pregnant and postpartum clients is safe; how to recognize high-risk factors or other complications; how best to adjust treatment; and how to work with medical healthcare providers throughout the process.

Massage Therapy 101 HowExpert, Nicole Urban, 2019-11-21 As the modern world has become more health-conscious, the demand for Massage Therapy has also increased, making it one of the fastest growing careers in the nation. This in turn has led many people to consider becoming Massage Therapists. While Massage Therapy is a wonderful, fulfilling career, it can also be a little difficult for people to navigate when they first start out. But that is what this guide is for! In this HowExpert Guide to Massage Therapy 101, we go over the top 101 tips you need to know in order to become a successful Massage Therapist. The topics covered in this guide include: • Education and licensing requirements for Massage Therapists • How to choose the right school for you • What to expect from your education, including strategies to help you pass your classes • The steps involved in becoming officially licensed • How to build your business and get your first clients • How to grow your business into a successful practice • How to avoid burnout during your career ...and so much more! So if you are ready to embark on your journey of becoming a Massage Therapist, or if you simply want to learn more about the Massage Therapy profession, then this guide is for you! About the Expert Nicole Urban graduated from the Colorado Institute of Massage Therapy in 2013, completing their 850-hour program. After serving a mission for her church in Brazil for a year and a half, she returned to Colorado to complete all of her licensing requirements. She became a licensed massage therapist in 2015, and has been practicing massage therapy ever since, first in Colorado and then in Idaho when she moved there to attend Brigham Young University – Idaho. In July 2019 she graduated from BYU-I with a B.S. in Exercise Physiology. Today she is an ACE certified Health Coach, as well as the owner of her own massage therapy business. She also helps out with teaching at the local massage therapy school near her home. HowExpert publishes quick 'how to' guides on all to

Massage Therapy Trish Dryden, Christopher A. Moyer, 2012-04-10 Massage Therapy: Integrating Research and Practice presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations. In this resource readers will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. Authored by experts carefully selected for their specific knowledge, experience, and research acumen, Massage Therapy: Integrating Research and Practice will assist both students and practitioners in these areas: • Learning the benefits of evidence-based massage therapy practice • Understanding various research methods • Developing research skills by learning guidelines for writing case reports and journal articles • Understanding how to integrate massage therapy practice into education and clinical practice This text presents a seamless integration of research and practice in four parts, providing readers first with a background to the field of massage therapy followed by discussion of research methods. Next is an evidence-based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinicial section presents three patient populations (pediatric, athletic, and elderly); three pain-related types (headache, neck and shoulder pain, and low back pain); and six conditions that massage therapists may encounter: pregnancy and labor, scar treatment, cancer, fibromyalgia, anxiety and depression, and clients who have experienced sexual trauma. Recommendations and evidence-based treatment guidelines are clearly defined for each condition. Case reports developed from real-life cases are included in this section, offering readers a real-world context for the clinical content presented. The final section illustrates specific ways to integrate research into the educational and professional development of current and future mas

Massage Martin Ashley,1992 Both a career manual and a reference directory, this book begins with an exploration of the nature of the massage profession, its recent history, and the realities of making a living in this field. A description of the laws regulating massage is given for all 50 states, along with a directory of suppliers and schools. 22 line drawings.

How to Start a Home-based Massage Therapy Business Shirley Philbrick, 2012-12-04 Massage therapists need basic, practical business advice such as low to mid-cost marketing techniques, taxes, and

recordkeeping, but there is also no denying the benefits of "been there, done that" information that can only come from someone else's experience. How to Start a Home-based Massage Therapy Business offers a gold mine of tips and ideas that can lessen the learning curve, stimulate thinking outside-the-box, and increase the odds of having a wildly successful practice.

Deep Tissue Massage Treatment - E-Book Jeffrey Simancek, 2012-09-02 This significantly revised new edition features an easy-to-use format that provides basic theory and assessment of neuromuscular conditions followed by an extensive overview of techniques specific to deep tissue massage N including trigger point therapy, friction techniques, myofascial techniques, and stretching. Step-by-step treatment routines for the 22 most commonly encountered neuromuscular conditions are clearly outlined using detailed descriptions and illustrations side-by-side. Downloadable assessment forms and 90-minutes of video on proper deep tissue massage techniques are included on the companion Evolve website. Excellent organization and standard layout for each condition makes information easy to find and follow. Step-by-step routines for treatment of conditions are outlined using clear descriptions and illustrations side-by-side. Coverage of the most common techniques includes trigger point therapy, friction techniques, myofascial techniques, and stretching to give you an excellent base from which to start incorporating deep tissue massage into massage practice. Full color art program features a visually striking design with vibrant photos and illustrations that appeal to visual learners. Pedagogical features include learning objectives, key terms, and an end-of-book glossary to help you focus on key content. Appendices provide key resources on trigger points and pain referral patterns, indications/contraindications for deep tissues massage, and blank assessment forms for use in practice. Student resources on Evolve companion website provide downloadable assessment forms and videos of deep tissue techniques. NEW! 4-color art program features all new photos of the best techniques, body mechanics, and draping to better illustrate content. NEW! 90 minutes of video on the Evolve companion website vividly demonstrate the proper techniques needed to master deep tissue massage. NEW! Expended coverage of theory and assessment gives you th

Masseur & Massage Therapist Connor Syrewicz,2014-09-02 For many high school graduates, college is a way to get ahead, but going to college is not the only way for young adults to succeed. Many people choose to enter the workforce after high school to start earning money and gaining experience right away. These motivated young workers can have rewarding jobs without ever having to earn a 4-year college degree. If you're interested in making others feel good and don't know that you want to—or can—go to college, a career in massage therapy might be for you. Young people need only a high school diploma or equivalent to start in massage, and they can eventually earn more than \$50,000 a year. In Masseurs & Massage Therapists, you'll learn how to start a career in massage therapy and what you need to succeed in the field. Find out about the prospects for massage careers in the future, how much masseurs can make each year, and whether your path to success includes a career as a masseur or massage therapist.

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