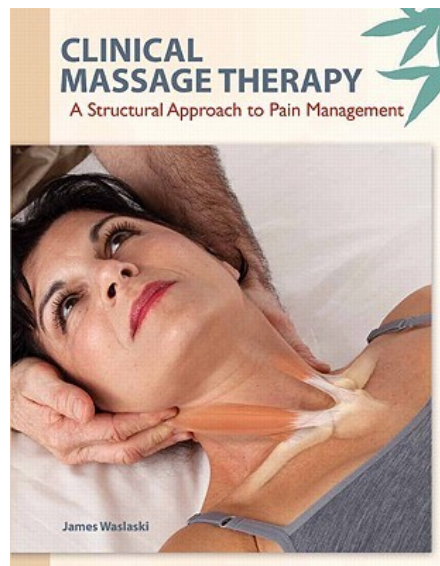




Clinical Massage Therapy: A Structural Approach to Pain Management

James Waslaski

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CLINICAL MASSAGE THERAPY, 1/e teaches effective therapeutic massage techniques that can prevent or eliminate multifaceted pain conditions, including chronic pain, sports injuries, and structural imbalance. Its unique 12-step approach focuses on treating specific conditions with techniques based on structural balance, bridging all touch therapy disciplines, and offering a new model for massage training. Detailed color illustrations reveal underlying pathologies, and flowcharts explain treatment steps. Massage students learn from Body Maps; Expert Opinion features; precautionary Alerts; clear Body Mechanics instructions; case studies, review questions, and a complete glossary. The text's multimodal and multidisciplinary approach makes it equally valuable to physical and occupational therapists, trainers, chiropractors, osteopaths, nurses, manipulative therapists, and physicians.

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This book is really helping me with my massage practice. I love the links to the website videos.

Mila says

I use the techniques learned from this book on a daily basis. I especially appreciate the author describing a lot of tests and muscle energy techniques that are easy to use by a practitioner.
