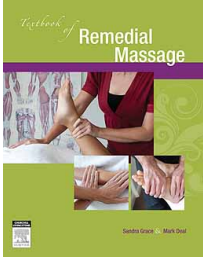


TEXTBOOK OF REMEDIAL MASSAGE

	Autor: Grace
	ISBN: 9780729539692
	Páginas: 800
	Año: 2012
	Edición: 1
	Idioma: Ingles
Disponible: De 2 a 3 Semanas	
Precio: 109.04 103.56	Iva no incluido

DESCRIPTION:

A comprehensive, practical book for students and practitioners of remedial massage.

Textbook of Remedial Massage comprises three sections. The first section reframes assessment of remedial massage clients to align with current research. The second section provides clear and comprehensive instruction in commonly used and highly valued remedial massage techniques (e.g. trigger points, CRAC stretching, myofascial release, etc), and is accompanied by illustrations and photographs. The exposition of each practical technique is accompanied by a rationale based on physiological principles and current supporting evidence for its efficacy.

Crucially, contraindications and precautions are explained for each technique. The final section of the book applies remedial massage techniques to regions of the body (lumbar, cervical, thoracics, head, face, chest and pelvis). Acknowledging that remedial massage therapists are often primary contact practitioners the book gives readers essential information for assessing the suitability of clients for remedial massage, and the essential knowledge for adapting techniques to individual clients.

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