

**MODERN HYDROTHERAPY FOR THE MESSAGE THERAPIST**

	<b>Autor:</b> Sinclair	
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**DESCRIPTION:**

This text offers a modern approach to hydrotherapy\_ the use of water, ice, steam, and hot and cold temperatures to improve or maintain health\_ as performed by massage therapists. Authored by an experienced massage therapist, this book presents clear, uncomplicated explanations of how hydrotherapy affects the body, and then demonstrates a wide variety of hydrotherapy treatments.

The book suggests how massage therapists may use hydrotherapy treatments before and during massage sessions, or give these treatments to clients to do between sessions for faster and better results. The author presents real-life examples and case studies obtained through interviews with massage therapists, athletic trainers, physical therapists, naturopathic doctors, aquatic therapists, and medical doctors treating patients in a medical hydrotherapy setting.

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