



Massage and Manual Therapy for Orthopedic Conditions (LWW Massage Therapy and Bodywork Educational Series)

Thomas Hendrickson

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This book introduces massage techniques for orthopedic conditions, promoting the alignment of soft tissue relating to pain and dysfunction. An essential manual for clinical massage therapy, it contains brief descriptions of rationale behind orthopedic massage, mechanisms of injury to and repair of soft tissue, and anatomy of each body area.

The Second Edition also includes detailed assessment for each body region, discusses common lesions, and provide illustrated instructions on how to administer this scientifically based style of massage. Based on traditional orthopedic assessment protocols, coverage includes range of motion, passive and isometric testing, and tests that determine the severity of a condition or injury.

A companion Website includes full text online, video clips, image bank, PowerPoint slides, lesson plans, and test generator.

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