

Evidence-based Therapeutic Massage: A Practical Guide for Therapist

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Abstrak

Evidence-based Therapeutic Massage has been written to provide therapists with a practical, clinically-based introduction to those massage techniques which may be selected for use as part of a therapeutic programme for the rehabilitation of soft tissue injuries. Originally published by Saunders under the title of Therapeutic Massage this new edition has been radically revised, restructured and redesigned. As the new title suggests the book is thoroughly referenced and aims to provide the reader with the evidence to support the use of massage for particular injuries and conditions. The chapters on the application of massage are not prescriptive but give the information necessary to allow the clinician to make informed choices of treatment for each client.

Evidence-based Therapeutic Massage presents a unique blend of the scientific basis of both orthodox and healing energy theories and their implications for clinical practice. It will provide a practical and relevant clinical companion for all students and practitioners concerned with the prevention and management of soft tissue injuries.