

Massage Therapy: The Evidence for Practice

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Abstrak

This book aims to present, in a single volume, the best of modern massage research. While research indicates that 1 in 3 Americans use alternative health care modalities, little research has been completed and disseminated in the area of massage therapy. This volume will present about ten chapters in areas of research probably including studies of massage for: stress (post-traumatic stress disorder, eating disorders, depression, abuse), spinal cord injuries, enhancing growth (pregnancy and infancy), pain reduction (rheumatoid arthritis, back pain, migraine, and fibromyalgia), pediatrics, the elderly, increasing employee satisfaction (chair massage), enhancing cognition (alertness, autism), and/or immunity (HIV, cancer).