

Orthopedic Massage: Theory and Technique

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920579143&lokasi=lokal>

Abstrak

A definitive and accessible resource for all those wanting to use of massage therapy to treat pain and injury conditions. Orthopedic Massage has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions. Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In the field of orthopedics the successful repair of soft-tissue damage is often a crucial factor in effective rehabilitation. However, most of those who are trained in the use of massage therapy techniques have little opportunity to learn about the orthopedic issues involved. Orthopedic Massage aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries.