



Deep Tissue Massage Treatment (Mosby's Massage Career Development)

Jeffrey Simancek

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This significantly revised new edition features an easy-to-use format that provides basic theory and assessment of neuromuscular conditions followed by an extensive overview of techniques specific to deep tissue massage — including trigger point therapy, friction techniques, myofascial techniques, and stretching. Step-by-step treatment routines for the 22 most commonly encountered neuromuscular conditions are clearly outlined using detailed descriptions and illustrations side-by-side. Downloadable assessment forms and 90-minutes of video on proper deep tissue massage techniques are included on the companion Evolve website.

- **Excellent organization and standard layout** for each condition makes information easy to find and follow.
- **Step-by-step routines for treatment of conditions** are outlined using clear descriptions and illustrations side-by-side.
- **Coverage of the most common techniques** includes trigger point therapy, friction techniques, myofascial techniques, and stretching to give you an excellent base from which to start incorporating deep tissue massage into massage practice.
- **Full color art program** features a visually striking design with vibrant photos and illustrations that appeal to visual learners.
- **Pedagogical features** include learning objectives, key terms, and an end-of-book glossary to help you focus on key content.
- **Appendices** provide key resources on trigger points and pain referral patterns, indications/contraindications for deep tissues massage, and blank assessment forms for use in practice.
- **Student resources on Evolve** companion website provide downloadable assessment forms and videos of deep tissue techniques.
- **NEW! 4-color art program** features all new photos of the best techniques, body mechanics, and draping to better illustrate content.
- **NEW! 90 minutes of video** on the Evolve companion website vividly demonstrate the proper techniques needed to master deep tissue massage.
- **NEW! Expanded coverage of theory and assessment** gives you the background you need on documentation, techniques, and assessments before you begin learning how to perform deep tissue massage.
- **NEW! Anatomic illustrations** provide a refresher on pertinent anatomy right before the book heads into treatment coverage to reinforce the essential relationship between anatomy and proper massage.
- **NEW! Expert reviewers**, including Joe Muscolino, Sandy Fritz, and more, ensure material is accurate and appropriate for courses on deep tissue.
- **NEW! Author Jeffrey Simancek**, former Curriculum Manager for Corinthian and current massage educator, brings extensive career school teaching and curriculum experience to the book.



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