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Deep Tissue Massage: A Visual Guide to Techniques

By Art Riggs

North Atlantic Books. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.9in. x 8.0in. x 0.6in. Featuring more than 250 photographs and 50 anatomical drawings, Deep Tissue Massage is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. Fundamentals covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. Strategies offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. Caveats details areas in which the practitioner needs to exercise caution. Deep Tissue Massage presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries....



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in starting reading this one. I realized this publication from my dad and he suggested this ebook to discover.

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