



## **Textbook of Remedial Massage, 1e**

*Sandra Grace PhD MSc(Chiro) Grad Cert Sports Chiro Cert Clinical Chiro Paediatrics Dip Acup DBM DO  
DC Dip Ed BA, Mark Deal B.Sc.(Syd.) Grad. D.C. D.O. Dip Ed. (Technical)*

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A practical massage textbook + DVD for both massage students and established practitioners of remedial massage

The content in the comprehensive *Textbook of Remedial Massage* is drawn from cutting-edge research as well as the authors' lengthy experience in massage education.

Covering essential topics, from history-taking to contraindication, *Textbook of Remedial Massage* is an excellent resource for Diploma of Massage students. Indeed, much of the textbook's content aligns with the HLT07 training package.

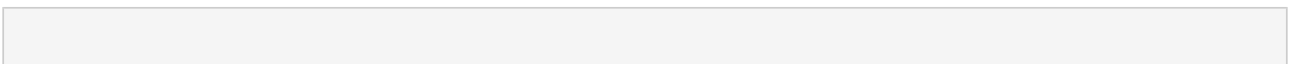
**Client Assessment** - The first of *Textbook of Remedial Massage*'s three sections addresses practitioner assessment of remedial massage clients. This includes information on how to adapt massage techniques for clients' individual needs.

**Massage techniques** - The second section provides readers with clear instruction in common remedial massage techniques, such as trigger points, CRAC stretching and myofascial release. Each of these techniques is explained through illustrations and photographs, along with a detailed rationale on its physiological principles and evidence base. Crucially, contraindications and precautions are explained for each massage technique.

**Body regions** - The final section of this excellent health title applies remedial massage techniques to specific body regions, all of which are demonstrated in detail on the accompanying DVD.

The authors' evidence-based approach is in keeping with the wider Allied Healthcare community. This approach is a key determinant of Medicare client rebates, as well as rebates from many private health funds, making it an essential aspect of contemporary massage.

- Detailed assessment technique
- Evidence-based approach
- Includes techniques integral to the HLT07 Diploma of massage - all essential skills and knowledge for the competencies of the units in the training package.
- Anatomy described in functional terms
- Accompanying DVD with videos of content covered in book. DVD content is divided up into assessment and treatment techniques.



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**David Kane:**

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