

---

# Deep Tissue Massage A Visual To Techniques

---

A Practical Guide to Self-Massage  
Myofascial Release  
Trigger Point Therapy with the Foam Roller  
Sports Massage  
The Balanced Body  
Myofascial Release Therapy  
Massage Mastery  
Deep Tissue Massage, Revised Edition  
Deep Tissue Massage  
Trigger Point Therapy for Myofascial Pain  
The Massage Book  
Therapeutic Chair Massage  
Complete Massage  
Deep Tissue Massage, Revised Edition  
Basic Clinical Massage Therapy  
Sports Massage  
The TB12 Method  
Clinical Massage Therapy  
The Complete Spa Book for Massage Therapists  
BodyReading: Visual Assessment and the Anatomy Trains  
The Art of Massage  
The Book of Massage  
Structural Balancing: A Clinical Approach  
Sports Massage  
Review for Therapeutic Massage and Bodywork Exams Enhanced Edition  
Deep Tissue Massage Treatment  
Thai Step-by-Step Massage  
Deep Tissue Massage Treatment - E-Book  
Modalities for Massage and Bodywork - E-Book  
Deep Tissue Massage  
Massage for Therapists  
Myofascial Pain and Dysfunction  
The Soft Tissue Release Handbook  
Deep Tissue Massage Treatment  
Deep Tissue Massage: The Best Massage Techniques in the World (The Beginner's Guide to Deep Tissue Massage Treatment)  
4 Hands Are Better Than 2  
Massage Therapy  
Soft Tissue Release  
Myofascial Release

## Facilitated Stretching

*Deep Tissue Massage A  
Visual To Techniques*

Downloaded from  
[ftp.wtvq.com](http://ftp.wtvq.com) by guest

---

### **TURNER HAILIE**

---

A Practical Guide to Self-Massage Human Kinetics

Featuring more than 250 full-color illustrations and photographs, Therapeutic Chair Massage offers detailed instructions on the appropriate massage strokes, stretching techniques, and therapeutic routines to use in seated massage for both relaxation and specific therapeutic applications. The book also provides foundational information on equipment, hygiene, sanitation, safety, contraindications, communication and documentation, body mechanics, and establishing a seated massage business. Each chapter includes hands-on Experiential Exercises; Case Studies with critical thinking questions; Clinical Tips from the author's experience; and Of Special Interest Boxes that contain related and interesting information. Contraindications lists specify conditions that prohibit or limit the use of a particular stroke or technique.

*Myofascial Release Human Kinetics Myofascial Release, Second Edition*, provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practices. This scientifically grounded whole-body approach presents an overview of the entire fascial matrix

Trigger Point Therapy with the Foam Roller North Atlantic Books

The first book by New England Patriots quarterback Tom Brady--the five-time Super Bowl champion.

**Sports Massage** DK Publishing (Dorling Kindersley)

Deep Tissue Massage describes how to

use compressive and stretching techniques in ways that are safe and effective for you and your clients.

**The Balanced Body** Simon and Schuster

A complete program of simple, natural, and effective exercises and techniques designed to relieve stress and everyday health problems.

**Myofascial Release Therapy** Human Kinetics

A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology. The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

Massage Mastery Ulysses Press

Sports therapy has made huge advances in recent years and is no longer the preserve of the professional athlete. More and more people who take part in sport at all levels are seeking treatment from masseurs and other therapists for injury or the fatigue that follows intensive training. This landmark book is the first to set out in full the techniques and routines involved in sports massage, as

well as guidance on the treatment of specific injuries related to various sports. This book explains how sports massage improves and speeds up a sportsman's recovery from training, which sports injuries can be effectively treated by massage, and how quickly it can be applied. Based on sound medical principles, and with over 200 specially commissioned photographs and illustrations, Sports Massage sets out the skills and techniques of sports massage for physiotherapists, coaches, trainers and keen sportsmen themselves. Also included are sections on stretching, self-massage, Shiatsu and acupuncture.

Deep Tissue Massage, Revised Edition

Jones & Bartlett Learning

On the field, post-event, or in the clinic, Sports Massage is the essential resource for developing and perfecting your sports massage technique! Sports Massage provides an in-depth discussion of applications of foundational massage techniques within a sports massage approach. Thorough instructions and over 130 full-color photos demonstrate the correct application of each massage stroke for muscle groups of the neck, shoulder, torso, pelvis, legs, and feet. You'll also learn how to use advanced working positions in prone, supine, side-lying, and sitting orientations to address each muscle group, helping you achieve a more comfortable and therapeutic session for your client. This practical guide explains the foundations of sports massage as a profession, including performance-related benefits of sports massage, common environments for professional practice (practice, event, clinical), range of clientele (recreational or serious athletes, physically active people), and applications (pre-, inter-, and post-event, or as part of a training regimen or rehabilitation program).

Sports Massage emphasizes proper therapist mechanics, including working posture, proper table height, and effective client positioning to help improve the delivery of your technique and reduce strain to your arms, hands, and back. Highlighted in the text are tips on technique adjustments, and special "Client Talk" boxes offer suggestions for ways to communicate technical information to your clients. Throughout the text, self-test questions with answers allow you to check your understanding and reinforce your learning. In addition, a photo gallery index provides quick reference for checking techniques and their application. Organized for quick reference, Sports Massage explains massage modifications for common injuries and conditions and provides technical information to support your decision-making process. Information regarding contraindications and pathologies will prepare you to adapt your technique to accommodate a wide range of soft tissue conditions. In addition, discussion of equipment, hygiene, and safety considerations will help you be prepared for each therapy session. A discussion of client assessment and consultation will assist you in learning how to obtain the necessary information to address muscular issues during the therapy session. Sports Massage also discusses considerations in administering the technique to special populations, including individuals with spinal cord injuries, limb deficiencies and visual impairments, and cerebral palsy. In addition, you'll find information on conducting sports massage before, during, and after sporting events. Part science and part art, effective sports massage relies on a therapist's thoughtful application of knowledge and

experience. Sport Massage provides a solid knowledge base, helping you learn how to work with your body efficiently and apply each technique with sensitivity. With its emphasis on correct body mechanics and effective client positioning, Sports Massage will help you improve your technique, reduce strain as you work, and provide a better quality of touch.

Deep Tissue Massage North Atlantic Books

This text outlines the origins and objectives of an ancient healing therapy which combines gentle yoga stretches with massage techniques and accupressure. It also explains and demonstrates the elements and requirements of a typical session.

Trigger Point Therapy for Myofascial Pain North Atlantic Books

Covers the full range of massage techniques, each one illustrated with specially commissioned photographs, and has an anatomy and physiology section explaining the physiological basics behind the techniques used.

**The Massage Book** Elsevier Health Sciences

This is a Pageburst digital textbook; Presented in a clear and easy-to-use format, this book provides basic assessment of neuromuscular conditions and an overview of techniques specific to deep tissue massage. The most commonly used techniques are covered with illustrations and hints for performing techniques. The bulk of the book presents treatment routines for the 22 most commonly encountered neuromuscular conditions. Routines are outlined step-by-step and clearly describe exactly what therapists need to do to treat a particular condition. Includes a DVD-ROM with over 1 hour of video showing the techniques described

in the text. The first text on the market that delineates deep tissue routines or treatments. Provides techniques, routines, and procedures for the treatment of a wide array of neuromuscular conditions, including carpal tunnel syndrome, tennis and golfer's elbow, frozen shoulder, rotator cuff dysfunctions, thoracic outlet syndrome, whiplash, migraines, kyphosis, lordosis, and scoliosis, among others. Each chapter on conditions follows a template with a definition of the condition, a list of associated symptoms, indications and contraindications for massage, and a procedure/routine. Routines are outlined step-by-step and clearly describe for the therapist exactly what needs to be done to treat a particular condition. Heavily illustrated, with many photos of each technique and routine, as well as some photos illustrating conditions. Photos of indicated and contraindicated stretches with a brief explanation of why they are indicated or contraindicated. Includes DVD-ROM with over 1 hour of video showing techniques described in the text. An excellent clinical companion for massage therapists.

Therapeutic Chair Massage Human Kinetics

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 Ñ 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. [Complete Massage](#) Elsevier Health Sciences

CD-ROM includes 20 massage technique video clips, 10 Acland anatomy video clips, anatomy figures from the text, chapter quizzes.

*Deep Tissue Massage, Revised Edition*

Lippincott Williams & Wilkins

Presented in a step-by-step format, this book equips readers with the skills needed to effectively deliver this physiotherapy technique to their clients. Describing the passive, active-assisted and active methods of using Soft Tissue Release, this book will be of use to both practising and studying therapists.

**Basic Clinical Massage Therapy**

Lippincott Williams & Wilkins

Discover Massage Therapy - Your Way to the Life without Pain, Tension and Body Stiffness Do you suffer from back pain and muscle tension? Does your job require you to sit in front of the computer all day, resulting in stiff neck and pains? If you answered YES to those questions, you are in need of massage therapy. But once you start looking for a massage therapist, you get bombarded with information about different types of massages, and it becomes hard to figure out which one would be right for you. After all, you need to find a massage that triggers the exact focal points on your body with the right technique and amount of pressure. Otherwise, you might as well just throw your money out of the window. This ultimate guide on massage therapy will help you determine exactly what you need! The book presents a bunch of different types of massages, down to the last detail! Now you'll be able to find the right type for your aches and get rid of pain and stiffness! What you get with this book is a guide on massage therapy, how it works and a list of numerous benefits. Every type of massage presented here is thoroughly explained - from the benefits of each one to techniques, so you'll know exactly what to choose. Here's what types of massages this book covers: The Swedish Massage Deep Tissue Massage Trigger Point Therapy Acupressure Massage Therapy Reflexology, the massage for your hands and feet Percussion Massage Therapy This book will also recommend a massage based on your symptoms and pains and prepare you for the experience. You'll know exactly what to expect, will there be any pain involved and how long will it last. Stop wondering about which

massage to choose and delaying the experience! Live a pain-free life and make your body feel great again! Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

*Sports Massage* Heinemann

Myofascial Release provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practice. From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality, this guide teaches therapists every crucial aspect of employing myofascial release to its fullest benefit. This scientifically grounded whole-body approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports, encompasses, and protects every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed for working most effectively with soft tissue to treat muscle injury, immobility, and pain. The book also outlines how myofascial release relates to other massage modalities in the Hands on Guides for Therapists series, ensuring therapists incorporate all of their skills to the greatest effect for their clients. Descriptions of over 60 myofascial techniques contain details on the timing, direction, and hold of each stretch as well as numerous photographs that illustrate the body and hand positions of each technique. Nuanced explanations of the unique feel of soft tissue, including the component of position of ease felt in the fascial drag, enhance the therapist's palpation skills. The therapist learns how to apply the best approach—cross-hand releases, longitudinal plane releases, compression

releases, and transverse plane releases—on specific injuries or issues and how to combine techniques to maximize their effectiveness. The text also contains home programs that clients can use themselves between treatment sessions. Myofascial Release provides an entire therapeutic approach as opposed to just the hands-on application that most books offer. Special features make this resource more effective and efficient for readers:

- Full-color photos present a strong visual guide to employing each technique safely.
- The photo index reference tool quickly points readers to the desired technique.
- Therapist tips provide practical comments on applying the techniques.
- Client talk boxes share the author's experiences and insights on common situations.
- Quick Questions at the end of each chapter test readers' knowledge of material. Finally, the text offers insight on interacting with clients and ensuring their entire therapeutic experience is fulfilling. It covers the client consultation process, checking for contraindications and performing the visual assessment, how the client may respond to the treatment, and what the practitioner and client might feel and see during the process. Readers will come away from Myofascial Release with a holistic understanding of the approach and how to apply the principles to their practice. Myofascial Release is part of the Hands-On Guides for Therapists series, which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that aid in adjusting massage techniques, Client Talk boxes that



present ideas for creatively applying techniques for various types of clients, and questions for testing knowledge and skill.

**The TB12 Method** Human Kinetics  
This is a bright new easy-to-follow guide to building great visual assessment skills. Compiled from a Massage & Bodywork article series, Tom has updated the articles and added illustrations to allow the concepts to be easily understood. The first chapters outline the method and the way it can be successfully integrated into your practice, including charting and making the client feel comfortable with it. Each subsequent chapter deals with the Anatomy Trains lines, giving visual assessment and strategy points for each with diagrams, model photos, and more. *Clinical Massage Therapy* Simon and Schuster  
Review for Therapeutic Massage and Bodywork Exams, Enhanced Third Edition is the most comprehensive study

guide for any massage student or practitioner preparing for the NCETM or MBLEx exams. Each topic is presented in a concise outline format, and review questions are included after each part. Practice tests are offered that enable the user to simulate taking the actual exam. *The Complete Spa Book for Massage Therapists* LWW

"Massage mastery: from student to professional, presents the theory (why) and practice (how) of massage therapy in an engaging, accessible way for today's adult and young-adult learners. Chapters are organized into manageable topics that facilitate incorporation into any massage curriculum."--Publisher.  
BodyReading: Visual Assessment and the Anatomy Trains Wiley-Blackwell

"A complete illustrated guide to tandem massage, 4 Hands Are Better Than 2 integrates contemporary therapeutic massage techniques (Ayurvedic mirror, deep tissue, Swedish, Shiatsu, and Reiki) into the ancient practice of tandem mirror massage"--Provided by publisher.