

Features:

- **Simple, straightforward coverage** is written in a clear, approachable manner to strengthen student comprehension.
- **UNIQUE! Combined anatomy and physiology and fundamentals material** make this a streamlined solution - one book to buy, one book to carry, one complete resource to reference.
- **Certification Practice Exam** mimics the major certification exams and provides excellent practice for board review.
- **Critical thinking questions** at the end of the chapters help students develop clinical reasoning skills.
- **Robust art program** enhances understanding and comprehension of each topic presented through a mixture of high-quality illustrations and clinical photographs.

New To This Edition:

- **NEW! Updated Hydrotherapy and Spa chapter** features the latest procedures.
- **NEW! Expanded sports massage section** in the *Clinical Massage* chapter offers additional information on this growing practice area.
- **NEW! Revised artwork in the Kinesiology chapter** clearly illustrates key concepts.

Περιεχόμενα:

UNIT ONE FOUNDATIONS FOR PRACTICE, COMPLEMENTARY AND INTEGRATIVE METHODS, AND BUSINESS PRACTICES

- 1 History of Massage: Prehistoric Times to the Modern Era and Professional Societies, Organizations, and Associations
- 2 The Therapeutic Relationship: Ethics, Cultural Competencies, and Boundaries
- 3 Tools of the Trade: Tables, Accessories, Linens, Lubricants, Aromatherapy, Essential Oils, and the Massage Environment
- 4 Career Longevity: Wellness, Wellbeing, and Self-Care
- 5 Evidence-Informed Practice and Research Literacy
- 6 Massage Therapy Research
- 7 Body Mechanics, Client Positioning, and Draping
- 8 Massage Techniques, Mobilizations, Stretches, Endangerment Sites, and Contraindications
- 9 Concepts of Disease, Standard Precautions, Transmission-Based Precautions, Disinfection Procedures, and Emergency Preparedness
- 10 Professional Standards: Scope of Practice, Standards of Care, Assessments, Documentation, Informed Consent, Treatment Planning, and Referrals
- 11 Special Populations: Massage for Pregnant and Postpartum Clients, Infants, Children, Adolescents, Aging Adults, and Those With Visual, Hearing, and Mobility Impairments
- 12 Hydrotherapy: Clinical Applications, Spa Applications, and Spa Procedures
- 13 Foot Reflexology: Principles and Practice
- 14 Clinical Massage: Pain Theories and Pain Management, Clinical Assessments, and Clinical Application Methods
- 15 Seated Massage: Principles and Practice
- 16 Asian Bodywork Therapy: Shiatsu, Thai Massage, and Ayurvedic Principles
- 17 Business Practices: Getting Started, Marketing, Professional Development, Accounting, and Planning

UNIT TWO ANATOMY, PHYSIOLOGY, KINESIOLOGY, AND PATHOLOGY

- 18 Introduction to the Human Body: Medical Terminology, Cells, Tissues, and Body Compass
- 19 Skeletal System, Pathologies, Disorders, and Injuries
- 20 Muscular System, Pathologies, Disorders, and Injuries

- 21 Kinesiology
- 22 Integumentary System, Pathologies, Conditions, and Injuries
- 23 Nervous System, Pathologies, Disorders, and Injuries
- 24 Endocrine System and Pathologies
- 25 Reproductive System, Pathologies, Conditions, and Disorders
- 26 Cardiovascular System, Pathologies, and Disorders
- 27 Lymphatic System, Pathologies, and Conditions
- 28 Respiratory System, Pathologies, Conditions, and Disorders
- 29 Digestive System, Pathologies, Dysfunctions, and Disorders
- 30 Urinary System, Pathologies, and Disorders

Glossary

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