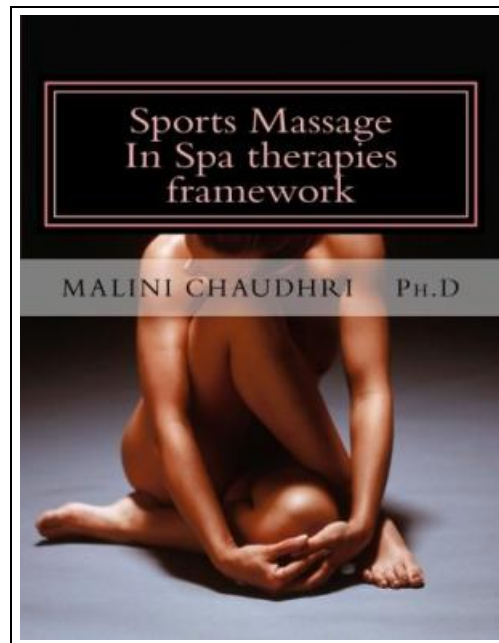


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The author is a licensed sports massage practitioner and educator from US, and a consultant to UK qualifications in Asia. She has been a consultant worldwide since 1994, and has received International grants for her research. This is an essential manual based on global occupational standards to benefit skills of spa and sports professionals. This book is a technical study aid with ISTE seal of quality on Sports massage, suitable for physical therapy, orthopedic massage and integrated spa therapies. It covers integration and multi tasking for spa therapists to acquire clinical insights into their practise. It supports career and self development. Sports Massage is derived from Orthopaedic Massage and comes under the category of alternative medicine and clinical massage. It belongs to medical sciences in its formalities, processes and scientific enquiry, yet it is based on manual systems of health support, advanced techniques and recovery in real-time. It supports maintenance and prevention of injuries . It is very beneficial for professional sports and those under vigorous training. This book is designed to support spa therapists, who must manage massage on customers with dense musculature. The book will train many to follow the different applications of sports massage to other massage sciences in alternative medicine. Knowledge of fundamentals in sports therapy is applied for best outcomes. This book belongs to the very few available that conveys the scope of professional sports massage therapy in spa frameworks, with added wellness and social lifestyle. It provides in depth range and details of process of therapy for target muscle groups and their antagonists. Contract relax muscle energy technique, with reciprocal inhibition, stretch ROM, soft tissue mobilization, assessment and plan of care are included in this...



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