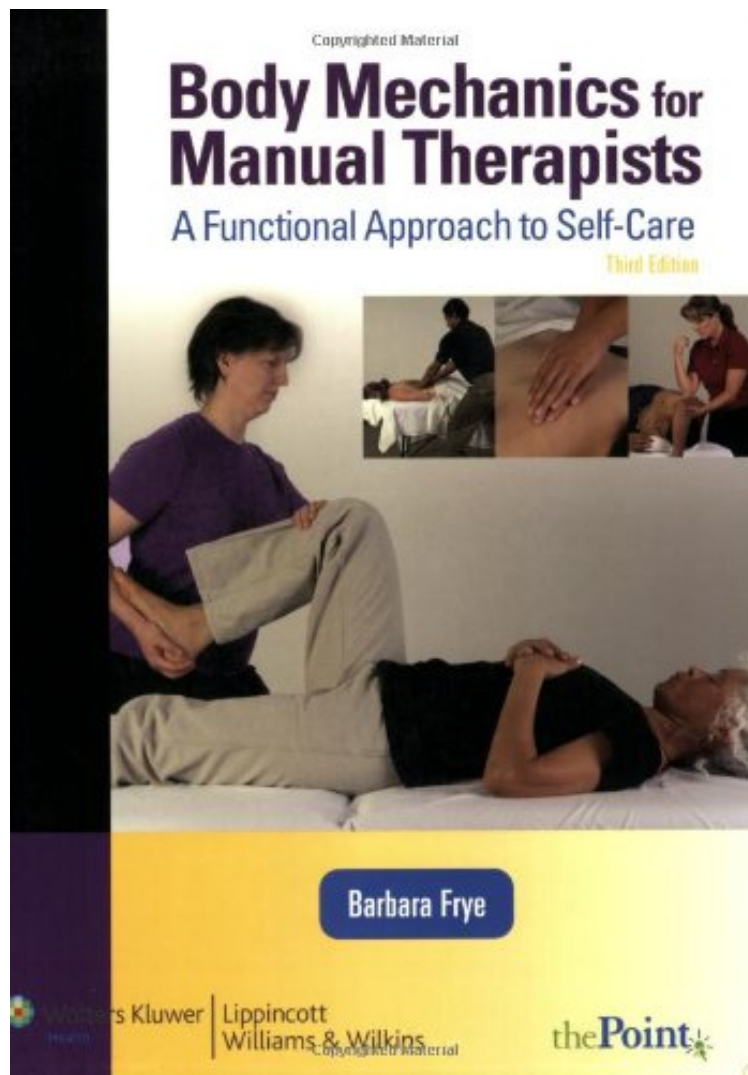


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Body Mechanics for Manual Therapists: A Functional Approach to Self-Care (LWW Massage Therapy and Bodywork Educational Series)

Barbara Frye LMP GCFP
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Barbara Frye LMP GCFP : Body Mechanics for Manual Therapists: A Functional Approach to Self-Care (LWW Massage Therapy and Bodywork Educational Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Body Mechanics for Manual Therapists: A Functional Approach to Self-Care (LWW Massage Therapy and Bodywork Educational Series):

0 of 0 people found the following review helpful. Helpful informationBy JackieGreat book for the person who is very physically active. My son loves this book.0 of 0 people found the following review helpful. Reading is good for you!By Karen GlaittliGreat read!0 of 0 people found the following review helpful. Four StarsBy Ms LMTExcellent resource. happy I bought it! thanks! brand new condition, exactly as described, fast shipping.

This best-selling text teaches students and practitioners the essentials of body mechanics they need to know in order to care for themselves while practicing massage therapy. The text is written in a practical, playful, and friendly manner and integrates kinesthetic, cognitive, and environmental elements. Featuring over 200 full-color illustrations, this edition builds on the Second Edition by assisting manual therapists in becoming involved in developing a self-care strategy. Each chapter starts with a brief narrative explanation of a movement, followed by hands-on exercises, self-observation exercises, self-care and injury prevention tips, and client education tips. Appendices discuss successful body mechanics for spa therapy, transferring clients, and floor work, and present troubleshooting and preventive strategies for common repetitive stress injuries. A companion Website offers fully searchable online text and video clips that demonstrate proper technique.

"...The text's content is extremely useful for the novice as well as seasoned practitioner." -- Clint Chandler, 2002 Jerome Perlinski National Teacher of the Year
"This book seeps into your unconscious - I find myself correcting old, bad habits mid-massage. A truly experiential book." -- Diana L. Thompson, LMP, author of Hands Heal: Communication, Documentation, and Insurance Billing for Manual Therapists
From the Publisher
Body Mechanics for Manual Therapists, 2nd edition, is an innovative and provocative text assisting manual therapists to become actively involved in developing a self-care strategy. By integrating cognitive, kinesthetic and environmental learning elements, this text is an exceptional in-class, hands-on study guide for all students of bodywork and reference for practicing manual therapists. New to this Edition: Expanded Basics information including table and chair consumer tips, breathing and hydration. Enhanced Tools of the trade chapter includes use of the foot and lower leg for implementing massage. Sidebars relating chapter material throughout the text: Partner practice - hands-on exercises Self-observation - self-exploration exercises Practice tips - self-care and injury prevention tips Client education tips - creative ways to impart chapter material to clients Something to think about - provocative questions for thought and journaling Consider this - quotes and facts that add insight, including the knowledge and expertise of Dr. Joseph Muscolino, DC, author of The Muscular System Manual Information on successful body mechanics for spa therapy, transferring clients and floor work. Section on common repetitive stress injuries, including symptom troubleshooting and pro-active strategies for injury prevention.
From the Author
Over the years, my experience as an educator has taught me that in order to assist students to learn a subject successfully, kinesthetic, cognitive and environmental elements must be present in the learning process. With this philosophy in mind, I have written the second edition of Body Mechanics for Manual Therapists, as an in-class, hands-on study guide for all students of bodywork, and as a reference for practicing manual therapists. This text integrates all of the above-mentioned elements with the intention of leading you, the reader, toward an enjoyable and successful development of a self-care strategy. Cognitive learning gives you the opportunity to think about each concept. This begins with the clearly and concisely written explanations. In every chapter, you also have the opportunity to think about and write responses to provocative questions asked in the section called Something to think about. Kinesthetic learning is incorporated into the Self-observation/Partner practice lessons. These exercises assist you to physically experience each of the major concepts covered in every chapter. Environmental learning is crucial so that you understand how the material relates to the world around you. Therefore, every chapter has Practice tips and Client education tips, giving you ideas on how to integrate the material into your everyday practice as a manual therapist. Whether you are a student or a therapist in practice, I wish you an enjoyable and successful experience as you read and work your way through Body Mechanics for Manual Therapists.