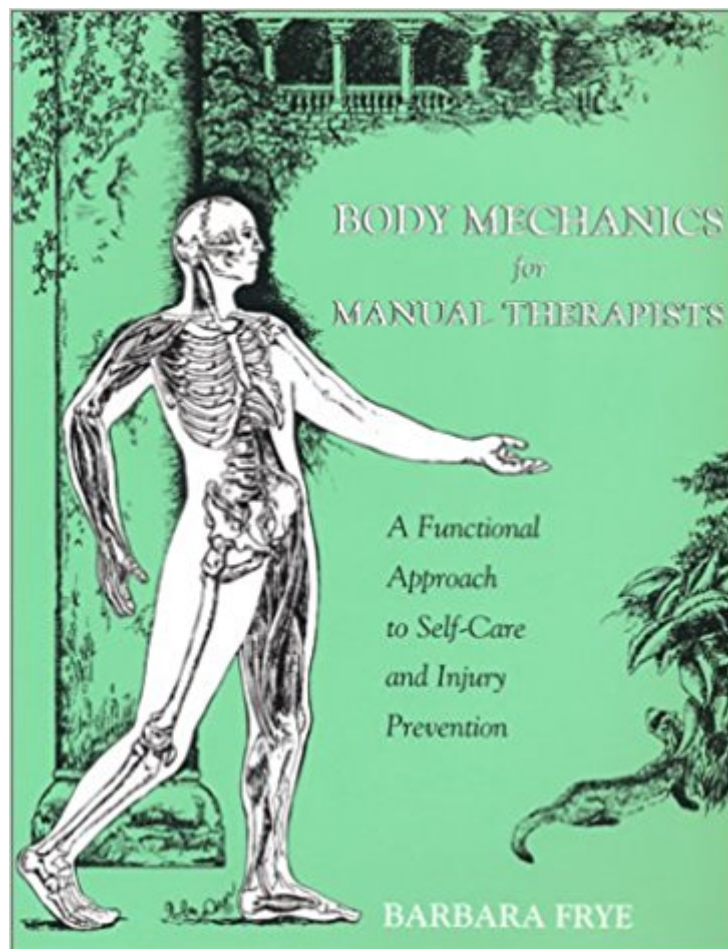




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# Body Mechanics For Manual Therapists: A Functional Approach To Self-Care And Injury Prevention



## Synopsis

Body Mechanics for Manual Therapists assists manual therapists of all kinds, especially massage therapists, to avoid repetitive-use injuries and develop sound and effective body mechanics. An easy-to-read text that emphasizes body awareness and provides function-specific body mechanics skills that can be integrated into all types of manual therapy. Allows manual therapists to become pro-active in fostering self-care and preventing occupational injury and burnout. Key Features:

\*Clearly stated and detailed information about the use of the body in all styles of manual therapy activities, including standing, sitting, bending, lifting, pushing and pulling and applying pressure; \*48 partner and self-discovery lessons that lead step-by-step through the proper movement of sound body mechanics for all manual therapy techniques; \*480 illustrations that show detailed, clear examples of each concept and of the elements of each lesson; \*Each chapter is dedicated to fostering self-care and teaching new and innovative ways to prevent pain in all parts of the body, including the neck, hands, wrists and knees&#x85;and more!

## Book Information

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Publisher: Fryetag Publishing; 1st edition (2000)

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Best Sellers Rank: #3,643,329 in Books (See Top 100 in Books) #36 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #612 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #1920 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage

## Customer Reviews

"...Protect your bodywork career and ensure an active old age with this wise book." -- Custom Craftworks, Inc."  
"...will be helpful to all types of touch therapists, but should be required reading for every massage student." -- Massage Therapy Journal, Summer 2001  
"Finally! A book that gives bodyworkers the tools necessary for insuring a long and healthy practice." -- Andrew Biel, LMP, Author of Trail Guide to the Body  
"If you're in the business of touching people..., you've got to get

this book." -- Massage Magazine, January/February 2002 "This textbook for manual therapy students and practitioners will erase repetitive strain injuries from the profession." -- Diana L. Thompson, LMP, Author of Hands Heal "will be helpful to all types of touch therapists, but it should be required reading for every massage student." -- Massage Therapy Journal, Summer 2001

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. --This text refers to an alternate Paperback edition.

Great book for the person who is very physically active. My son loves this book.

Great read!

excellent resource. happy I bought it! thanks! brand new condition, exactly as described, fast shipping.

I was expecting more, new information on LMT biomechanics. While the book is well laid out, presents itself with colorful and attractive photos and diagrams, it didn't provide me with any new information. Just more of the same antiquated info taught in massage school. Disappointing.

I have really enjoyed this book because it not only offers helpful information on body mechanics, it

also has interactive exercises that help you self correct bad habits! I am currently working as an LMT, and have had body mechanics training, but I still found this useful for reference and touching up my routine!

As a massage therapy student, the body habits I develop now will be my foundation. It was very helpful, and the exercises that you can do promote body awareness and give solutions.

A gift

I really enjoyed this book, as a massage therapy student it was enlightening . This book proved to be beneficial.

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Body Mechanics for Manual Therapists: A Functional Approach to Self-Care and Injury Prevention  
CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Injury Prevention: Competencies For Unintentional Injury Prevention Professionals The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists (LWW Massage Therapy and Bodywork Educational Series) Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists Helping The Traumatized Child: A Workbook For Therapists (Helpful Materials To Support Therapists Using TFCBT: Trauma-Focused Cognitive Behavioral ... with FREE digital download of the book.) Body Mechanics and Self-Care Manual BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) 21st Century VA Independent Study Course: Medical Care of Persons with Spinal Cord Injury, Autonomic Nervous System, Symptoms, Treatment, Related Diseases, Motor Neuron Injury, Autonomic Dysreflexia

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