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there are over 200 different styles of massage and it can get a little confusing to decipher how the methods differ and which is best for you most of the techniques in this book are western based swedish massage but many are influenced by other methods from around the world including thai massage

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the massage therapy treatment manual was created to offer ideas for safe effective massage treatments using biofreeze pain reliever and proassage heat the following treatments were designed by professional massage therapists with experience using biofreeze and proassage products in sports and pain relieving practices the

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after completing this chapter you will be able to identify conditions under which massage is and is not performed known as indications and contraindications identify areas of endangerment that are beyond the scope of the entry level massage therapist describe the basic anatomical and directional terms in order to begin work on the body

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hands on physical therapy also called manual therapy uses massage techniques to relieve muscle and joint pain learn how therapists use it to treat pain

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the text evidence based massage therapy provides introduction to managing musculoskeletal pain with massage therapy the author uses a consistent easy to follow framework for each module each topic stays specific to the topic while integrating videos and key takeaways

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massage therapy is a form of manual therapy that involves moving soft tissues in the body to reduce stress ease muscle tension and promote relaxation and overall well being it is a hands on

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the deep tissue massage manual defines and illustrates hundreds of effective therapeutic massage techniques with more than 225 pages 250 photographs and 50 detailed anatomy illustrations

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there are many different types of massage therapy each with its own unique approach and benefits during massage therapy a massage therapist will use their hands fingers elbows forearms or a massage device to manipulate your body s soft tissues muscles tendons ligaments and fascia

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physical therapy pt patients often receive massage therapy also known as manual therapy as part of their treatment plan pt massage is different from a regular spa massage which typically provides relief from muscle pain and tension

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