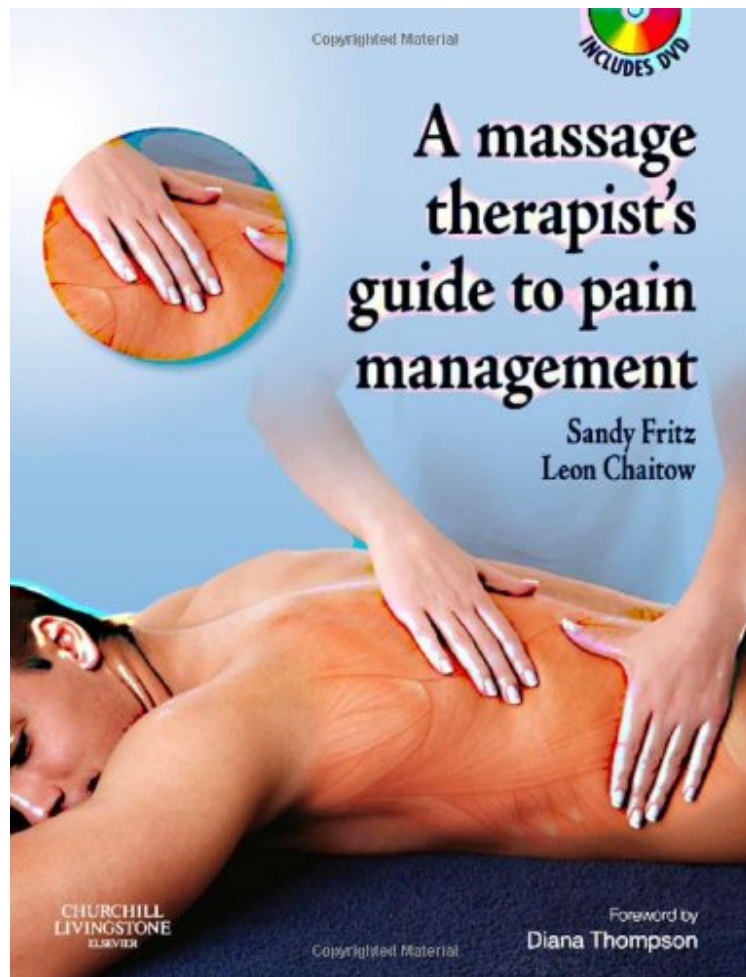


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## The Massage Therapist's Guide to Pain Management with CD-ROM, 1e (A Massage Therapist's Guide To)

*Sandy Fritz, Leon Chaitow*  
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**Sandy Fritz, Leon Chaitow : The Massage Therapist's Guide to Pain Management with CD-ROM, 1e (A Massage Therapist's Guide To)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Massage Therapist's Guide to Pain Management with CD-ROM, 1e (A Massage Therapist's Guide To):

A Massage Therapists' Guide to Pain Management offers practical, straightforward coverage of the subject area which includes a range of video clips on a bonus DVD. Prepared by authors of international renown, this volume provides all of the information that a massage therapist will need to know in order to safely and effectively treat clients

presenting with a variety of pain problems. Clearly written and fully illustrated throughout, the book addresses the classification of pain, causal factors, types and origins of pain, modulation and psychosocial contributions to pain. The volume also examines the scientific evidence for the role of massage in pain management, giving particular emphasis on safety, accurate patient assessment - including accurate palpation skills - and effective treatment planning. Treatment options range from the use of modern neuromuscular techniques, muscle energy techniques and positional release techniques as well as adjunctive therapies which include hot and cold hydrotherapy, spray and stretch techniques, the application of analgesic essential oils and the use of breathing techniques as a pain management tool. Rich with 'key points' boxes, clear explanations, practical examples, and summaries of key scientific literature, this volume will be ideal for massage therapists worldwide. Offers practical, validated, and clinically relevant information to all therapists working in the field Edited by two acknowledged experts in the field to complement each other's approach and understanding of the issues involved Abundant use of pull-out boxes, line artwork, photographs and tables facilitates ease of understanding Contains an abundance of clinical cases to ensure full understanding of the topics explored Contains a bonus DVD presenting film clips of the massage therapy techniques involved

About the Author Sandy Fritz, MS, LMT is the Owner, Director, and Head Educator of the Health Enrichment Center, Inc., School of Therapeutic Massage. Also in private practice for almost 30 years, Sandy works with a diverse clientele, dealing with everything from stress management massage to physician-referred rehabilitative care upon physician referral. She has developed and supervises a student massage clinic with the Detroit Lions of the National Football League. She also provides professional sports massage and rehabilitation for individual athletes, primarily in golf, football, basketball, and baseball. In addition to being published in the Journal of Bodywork and Movement Therapies, Sandy is a prominent author of many Elsevier massage therapy resources, including: Sports Exercise Massage: Comprehensive Care in Athletics, Fitness, Rehabilitation Mosby's Fundamentals of Therapeutic Massage Mosby's Essential Sciences for Therapeutic Massage Mosby's Massage Therapy Mosby's Curriculum Guide for Massage Therapy Mosby's Fundamentals of Therapeutic Massage Video Series, Volumes 1-4