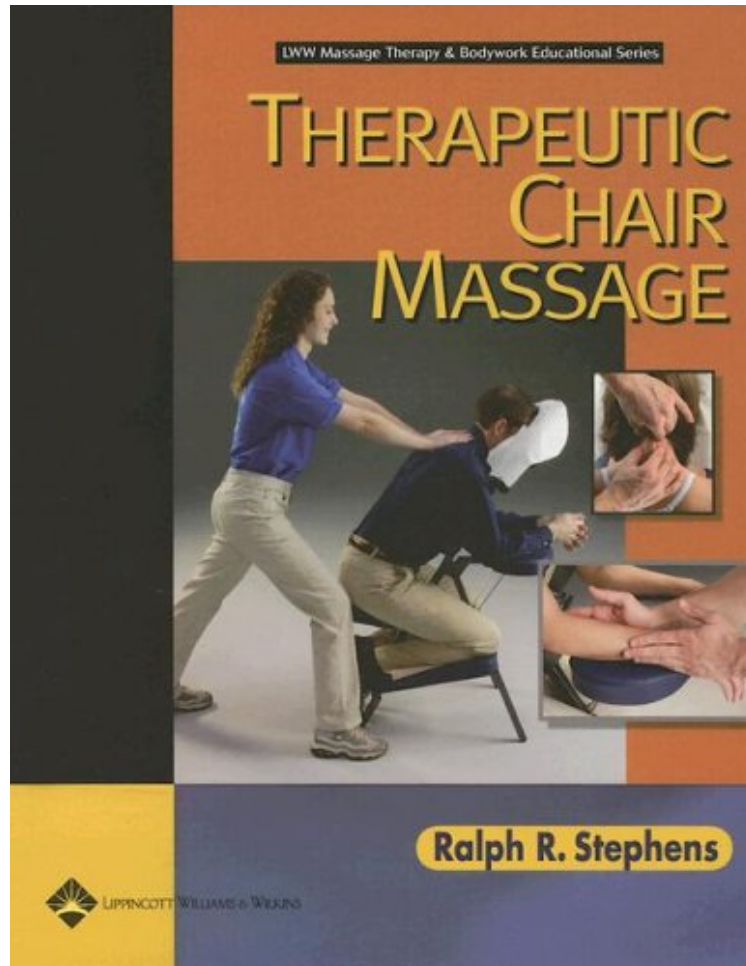


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Therapeutic Chair Massage (LWW Massage Therapy and Bodywork Educational Series)

Ralph R. Stephens

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#522900 in Books LWW 2005-08-17Original language:EnglishPDF # 1 10.62 x .43 x 8.38l, 1.46 #File Name: 078174234X304 pages | File size: 64.Mb

Ralph R. Stephens : Therapeutic Chair Massage (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 Therapeutic Chair Massage (LWW Massage Therapy and Bodywork Educational Series):

0 of 0 people found the following review helpful. Best when used with the DVD set!By OpheliaI'm glad I got this book to help me with the dvd set I ordered by the author. Sometimes it's good to have both a video and still pictures to get an better idea of how to perform a certain technique and that seems to be the case with me. Plus it's very enjoyable to read p on the history of Chair massage and how it's helped the Massage profession to move upwards in the health care world. I'm also looking forward to expanding my techniques to better help my clients and give even better results to alleviate pain.0 of 0 people found the following review helpful. Good, over-allBy RatkaPurchased to use use for my

classroom and for my required text. Good, over-all. 1 of 1 people found the following review helpful. Chair massage in detail. By Charles Haffner Ralph's book goes in to detail, with the history and benefits of chair massage. The book goes over the anatomy of the areas massaged in the chair. Showing the techniques for a relaxation or therapeutic routine. When I went to massage school, our instructor did not spend very much time on this modality. The author has a 3 DVD set that goes nicely with the book. I would recommend this to any therapist looking to sharpen his skills with chair massage.

Featuring more than 250 full-color illustrations and photographs, *Therapeutic Chair Massage* offers detailed instructions on the appropriate massage strokes, stretching techniques, and therapeutic routines to use in seated massage for both relaxation and specific therapeutic applications. The book also provides foundational information on equipment, hygiene, sanitation, safety, contraindications, communication and documentation, body mechanics, and establishing a seated massage business. Each chapter includes hands-on Experiential Exercises; Case Studies with critical thinking questions; Clinical Tips from the author's experience; and Of Special Interest Boxes that contain related and interesting information. Contraindications lists specify conditions that prohibit or limit the use of a particular stroke or technique.