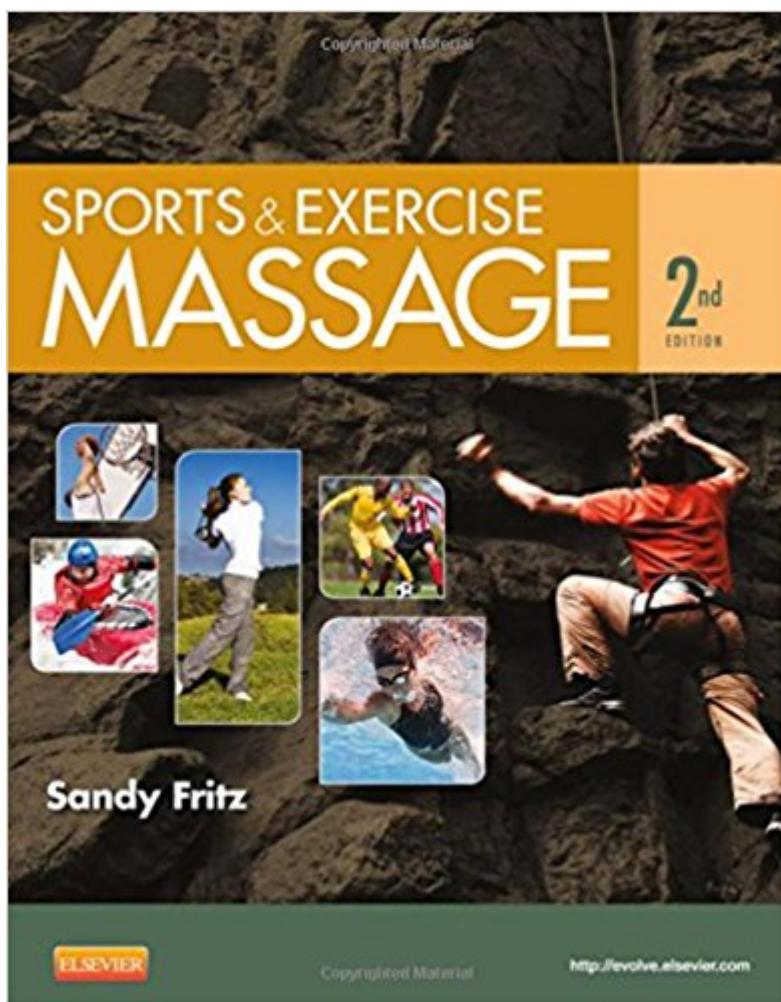


The book was found

# **Sports & Exercise Massage: Comprehensive Care For Athletics, Fitness, & Rehabilitation, 2e**



## Synopsis

Providing guidelines for applying massage to amateur and professional athletes, Sports & Exercise Massage: Comprehensive Care in Athletics, Fitness, & Rehabilitation, 2nd Edition helps you address the challenges of treating clients involved in sports, physical fitness, rehabilitation, and exercise. In-depth coverage describes common patterns for sports activities, such as running and throwing, and uses the principles of massage to focus on assessment techniques, indications, contraindications, and outcome goals. This edition includes a new chapter on stretching, hundreds of full-color photos of techniques, and an Evolve companion website with step-by-step videos demonstrating sports massage applications. Written by noted educator and massage therapy expert Sandy Fritz, this resource provides the proven massage techniques you need to manage common exercise and sports injuries and syndromes. Comprehensive coverage includes all the essentials of sports and exercise massage in one resource, with topics such as theories of sports, fitness, and rehabilitation; a brief anatomy and physiology review; basic nutrition for fitness; a review of massage methods and detailed descriptions of therapeutic techniques that apply to sports massage, such as lymph drainage, care of acute injury, connective and deep tissue applications, and pain management; and discussions of categories of injury common to athletes: sprains, strains, wounds, contusions, joint injury, and more. More than 600 full-color illustrations show procedures, concepts, and techniques. Student-friendly features include chapter outlines and learning objectives, key terms, summaries, review questions, a glossary, and *In My Experience* boxes highlighting real-life situations in sports and exercise massage. Case studies provide an opportunity to develop clinical reasoning skills. Student resources on an Evolve companion website include videos demonstrating techniques, a stretching atlas, a general massage protocol, and additional case studies. Expert author Sandy Fritz provides massage for professional athletes in many sports, and her school, the Health Enrichment Center, had a 13-year partnership with the Detroit Lions. UPDATED photos and illustrations show techniques with more clarity than before. NEW Stretching chapter shows how to use methods of stretching in a safe and beneficial manner. UPDATED complete general protocol suitable for the common athlete is included on the Evolve companion website, featuring a video and a step-by-step guide that can easily be modified to meet the specific needs of athletic clients. Added emphasis on treatment planning for athletic clients includes case studies and more *In My Experience* boxes describing Sandy Fritz's real-life experiences with sports massage. Expanded chapter on research supports evidence-informed practice, including research on fascia and kinesiotaping. Additional orthopedic tests most commonly used by massage therapists are included to enhance your skills in assessment and referral.

## Book Information

Paperback: 472 pages

Publisher: Mosby; 2 edition (March 6, 2013)

Language: English

ISBN-10: 032308382X

ISBN-13: 978-0323083829

Product Dimensions: 8.5 x 0.9 x 10.8 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #188,593 in Books (See Top 100 in Books) #93 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #142 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #199 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine

## Customer Reviews

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 Review Mosby's Curriculum Guide for Massage Therapy Mosby's Fundamentals of Therapeutic Massage Video Series, Volumes 1-4

Very comprehensive.Excellent for massage therapist.

Great book. Should be used as a text in massage therapy schools. Addresses injuries and how to help the client to return to normal activity in the shortest amount time.

Unlike most of the books on sports massage, this is an actual text book of 400 plus pages on working with athletes using sports massage by delving into and working with knowledge of kinesiology, details on injuries, and working with other healthcare professionals. Definitely a worthy reference book for those beginning in the field as well as those who have been in the field for quite some time. It is not just a technique book. It delves into the research in whether or not massage works effectively for particular situations such as pre-event (no research has validated this as an effective time for massage), how massage affects post injury status, and how athletes perceive massage as a perfect adjunct to their training pre-season, inter-season, and post-season.

A lot of good information in here for the massage therapist - especially if you are planning on massaging athletes!

I will suggest this book to manual therapist, if you have client that going through physical therapy or between rehabilitation. This book also provide good information working with athletics.

As described, quick delivery

[Download to continue reading...](#)

Sports & Exercise Massage: Comprehensive Care for Athletics, Fitness, & Rehabilitation, 2e  
Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)  
Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) Tantric Massage: #1 Guide to the Best Tantric Massage and Tantric Sex (Tantric Massage For Beginners, Sex Positions, Sex Guide For Couples, Sex Games) (Volume 1) Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or Competitive Training [ 15 Weeks \* Softback \* Large 8.5" x 11" \* Full Page ... Cycling / Biking ] (Exercise & Fitness Gifts) 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) Rehabilitation Techniques for Sports Medicine and Athletic Training (Rehabilitation Techniques in

Sports Medicine (Prentice Hall)) Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs A Comprehensive Guide to Geriatric Rehabilitation: [previously entitled Geriatric Rehabilitation Manual], 3e A SUPER Home Exercise Book for Seniors: A Home Exercise Routine That Really Packs A Punch (Senior Fitness Series) (Volume 1) Fitness for Polo - Exercise Guide (Fitness for Polo Series Book 1) Fitness for Polo - FitBall Exercise Guide (Fitness for Polo Series Book 2) Weird But True Sports: 300 Wacky Facts About Awesome Athletics 101 Ways to Be a Terrific Sports Parent: Making Athletics a Positive Experience for Your Child How College Athletics Are Hurting Girls' Sports: The Pay-to-Play Pipeline Usborne Book of Athletics: A Spectators Guide to Track and Field Events (Sports guide) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)