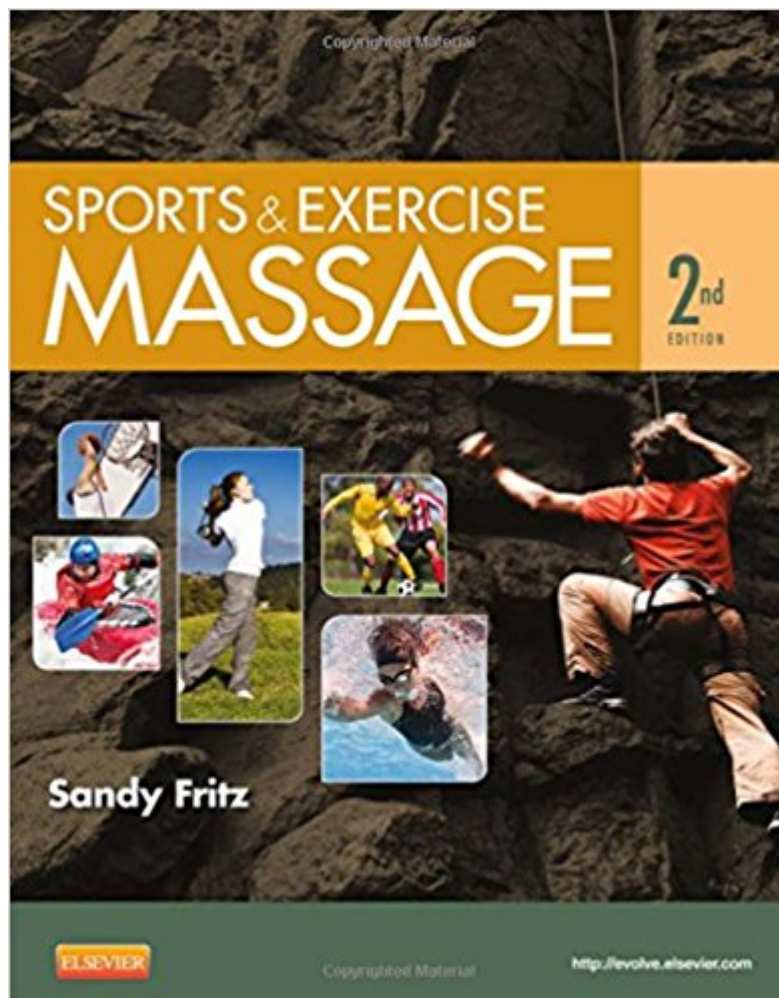




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# Sports & Exercise Massage: Comprehensive Care For Athletics, Fitness, & Rehabilitation, 2e



## 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, has 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

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## 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, Fundamentals of Therapeutic Massage Mosby, Essential Sciences for Therapeutic Massage Mosby, Massage Therapy Review Mosby, Curriculum Guide for Massage Therapy Mosby, 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

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