



## Massage for Therapists: A Guide to Soft Tissue Therapy (3rd Revised edition)

By Margaret Hollis, Elisabeth Jones

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, *Massage for Therapists: A Guide to Soft Tissue Therapy (3rd Revised edition)*, Margaret Hollis, Elisabeth Jones, *Massage* is a basic skill within physiotherapy, and one which requires a high standard of practical application. It is a skill which is increasingly being taken up by other health care and complementary therapy professionals. This new, third edition of *Massage for Therapists* is a timely and thorough update which continues the tradition of Margaret Hollis' hands-on approach. The book is designed to be a step-by-step guide to the theory and practical application of classical massage. Once mastered, these techniques may form the basis for a variety of modifications suitable for specific conditions. *Massage for Therapists* is split into three sections: an introduction to massage and preparation for giving a massage; the massage manipulations by area of the body; and some key modifications to the standard manipulations. In order to further enhance the practitioner's skill and to give the reader a grounding in some of the popular specialities, updated chapters on aromatherapy and massage in sport sit alongside new chapters which introduce myofascial release and shiatsu. *Massage for Therapists* will be of interest...

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