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thorough review of the properties of bone cartilage ligaments and fascia broader coverage of muscle innervations and actions applications of mechanical and physiological principles agonist antagonist and synergistic relationships and closed chain motion each body region chapter emphasizes the kinesiologic issue best illustrated for that region e g the knee chapter includes a section on functional interaction of muscles and ligaments material on joints ligaments end feels and accessory joint motion as well as innervation and anatomical actions of muscles numerous illustrations have been added to support this easy to read text

now celebrating its 50 years in print this text has held onto the foundation of its great success while also being re invented for today s audience the focus of this text remains the practical instruction of functional anatomy in order to quickly and convincingly guide readers to its use in professional performance this text is filled with modern applications that will show your students the relevance of foundational material to their future careers

success in massage therapy begins with a solid foundation in the fundamentals mosby s fundamentals of therapeutic massage 6th edition helps you build the skills you need from assessing problems and planning treatment to mastering massage techniques and complementary bodywork case studies bring concepts to life and guidelines to professionalism include topics such as ethics legal issues and best business practices how to videos on an evolve companion website demonstrate manipulation techniques body mechanics positioning and draping and more if you want to prepare for certification exams and succeed in practice this resource from massage therapy expert sandy fritz is your text of choice research literacy and evidence based practice chapter includes new research findings and explains how research is done

and how to read and understand it comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies hygiene working with special populations and business considerations it also prepares you for success on the national certification exam nce the national certification exam for therapeutic massage and bodywork ncetmb and the massage and bodywork licensing examination mblex over four hours of video on evolve demonstrate techniques and body mechanics each clip is narrated and performed by author sandy fritz and include a demo of practice management software an entire chapter is dedicated to case studies which offer practice with clinical reasoning and prepare you to address common conditions encountered in professional practice step by step full color photographs demonstrate massage techniques and protocols by body area a workbook textbook format facilitates study and review with matching exercises fill in the blank questions drawing exercises and critical thinking questions coverage of body mechanics helps you to create an ergonomically effective massage environment and to determine appropriate pressure drag and duration application while applying massage methods a spa chapter describes the massage therapy services offered at spas and looks at the spa as a possible career track in massage adaptive massage chapter explains how to address the needs of specific populations from pregnant women and infants to hospice patients and people with physical impairments example boxes reinforce specific concepts by showing real life situations coverage of multiple charting methods helps you develop record keeping and documentation skills including soap and computer charting with simulation on evolve foot in the door boxes outline the professional skills expected by prospective employers learning features include chapter outlines objectives summaries key terms practical applications and workbook sections in depth hipaa coverage shows how to store records in a hipaa compliant manner and describes hipaa requirements and training

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shows how to apply ergonomics to manufacturing and service industries for increased productivity and reduced on the job hazards professionals concerned with the health welfare and performance of workers will learn the mechanics of the body for a priori design of work situations without having to resort to lengthy experimentation this human engineering concept helps prevent occupational accidents diseases and low levels of productivity which are often caused by the inadvertent neglect of basic biomechanical principles in the design of equipment or workplace layout

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