

Deep Tissue Massage, Revised Edition: A Visual Guide To Techniques - Art Riggs

[DOWNLOAD HERE](#)

Featuring more than 250 photographs and 50 anatomical drawings, Deep Tissue Massage is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. Fundamentals covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. Strategies offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. Caveats details areas in which the practitioner needs to exercise caution. Deep Tissue Massage presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries. Author: Riggs, Art Publisher: North Atlantic Books Illustration: N Language: ENG Title: Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques Pages: 00304 (Encrypted EPUB) On Sale: 2012-10-30 SKU-13/ISBN: 9781556436505 Category: Health & Fitness : Massage & Reflexotherapy Category: Health & Fitness : Alternative Therapies

[DOWNLOAD HERE](#)

Similar manuals:

[Healthy And Unhealthy Breakfast](#)

[Male Duck Anas Platyrhynchos On Pond In Park In Health Resort Reichenau Lower Austria Austria](#)

[Rowing Boats On Pond In Park In Health Resort Reichenau Lower Austria Austria](#)

[Tamarind Springs Health Center](#)

[Different Healthy Food](#)

[Different Healthy Food](#)

[Different Healthy Food](#)

[Different Healthy Food](#)

[Different Healthy Food](#)

[Symbolic For Health Care Reform](#)

[Symbolic For Health Care Reform](#)

[Health Food](#)

[Health Food](#)

[Open-air Swimming Pool In The Health Resort Dolenjske Toplice - Slovenia](#)

[Sachertorte And Coffee - Caf In The Health Resort Rogaska Slatina - Slovenia](#)

[Health Resort In The Palace Weikersdorf In The Town Baden Lower Austria](#)

[Thermae Bad Woerishofen - Health Resort Bad Wrishofen - Germany](#)

[Thermae Bad Woerishofen - Health Resort Bad Wrishofen - Germany](#)

[Chicken Bird Flu Influenza Pandemic Disease Illness Biohazard Danger Dangerous Health Safe Safety Precaution](#)

[Chicken Bird Flu Influenza Pandemic Disease Illness Biohazard Danger Dangerous Health Safe Safety Precaution](#)

[Chicken Bird Flu Influenza Pandemic Disease Illness Biohazard Danger Dangerous Health Safe Safety Precaution](#)

[Chicken Bird Flu Influenza Pandemic Disease Illness Biohazard Danger Dangerous Health Safe Safety Precaution](#)

[Chicken Bird Flu Influenza Pandemic Disease Illness Biohazard Danger Dangerous Health Safe Safety Precaution](#)

[Chicken Bird Flu Influenza Pandemic Disease Illness Biohazard Danger Dangerous Health Safe Safety Precaution](#)

[Chicken Bird Flu Influenza Pandemic Disease Illness Biohazard Danger Dangerous Health Safe Safety Precaution](#)

[Chicken Bird Flu Influenza Pandemic Disease Illness Biohazard Danger Dangerous Health Safe Safety Precaution](#)

[Young Woman Relaxes With A Face Massage, Cosmetics, Wellness,](#)

[Young Woman Relaxes With A Face Massage, Cosmetics, Wellness,](#)

[Young Woman Relaxes With A Face Massage, Cosmetics, Wellness,](#)

[Symbol Photo Health Care](#)

[Symbol Photo Health Care](#)

[Symbol Photo Health Care](#)

[Symbol Photo Health Care](#)

[Young Woman On A Massage Couch With A Towel](#)

[Young Woman On A Massage Couch Getting A Massage From A Masseur](#)

[Young Woman On A Massage Couch Getting A Massage From A Masseur](#)

[Young Man Does Weight Training In Fitness Center](#)

[Man Does Weight Training In Fitness Center](#)

[Young Man Does Weight Training In Fitness Center](#)

[Effeted Man In Fitness Center](#)

[Man In Fitness Center Drinks During Training](#)

[Pain Back Backache Ache Painfull Massage Neck Achiness Hardening Tension Muscle](#)

[Pain Back Backache Ache Painfull Massage Neck Achiness Hardening Tension Muscle](#)

[Pain Back Backache Ache Painfull Massage Neck Achiness Hardening Tension Muscle](#)

[Pain Feet Foot Ache Painfull Massage Achiness Swelled Swollen](#)

[Chinese Girl Giving Massage On The Beach, Costa Smeralda, Sardinia](#)

[Symbolic For Health Care](#)

[Symbolic For Health Care, Doctor With Stethoscope](#)

[Health Food](#)

[Health Face](#)