

Sports And Remedial Massage Therapy - Mel Cash

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This is the definitive reference book on massage as a remedial therapy for sports training and sports injuries. It covers all practical and theroretical aspects of the subject, ranging from the basics through to the treatment of soft tissue injuries; and it gives guidance on how to work in a support role with medical practitioners treating more serious injury. It offers innovative new ideas like working posture and the psychology of injury treatment. This book goes beyond the conventional idea that massage is just a pleasant luxury, and shows it as a vital component in an athlete's training. The therapy offers effective pain relief for muscular problems, with practical advice on how to achieve permanant solutions to improve performance in sport. Author: Cash, Mel Publisher: Ebury Digital Illustration: N Language: ENG Title: Sports And Remedial Massage Therapy Pages: 00288 (Encrypted EPUB) On Sale: 2012-08-31 SKU-13/ISBN: 9780091809560 Category: Sports & Recreation : General

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