



Basic Clinical Massage Therapy: Integrating Anatomy and Treatment (LWW Massage Therapy & Bodywork Series)

By James H. Clay MMH NCTMB, David M. Pounds

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This richly illustrated text teaches the basic techniques of clinical massage therapy by embedding illustrations of internal structures directly into photographs of live models. Each muscle or muscle group is shown, along with surrounding structures, surface landmarks, and the therapist's hands. Useful as a textbook of clinical massage and anatomy, this text can also be used as a practical patient communication tool. Basic clinical techniques such as compression, stripping massage, myofascial stretching and cross-fiber friction are included. Suggestions of draping options correspond to illustrations of draping techniques. Appendices include pain referral zones by region, Greek and Latin prefixes and suffixes, and a glossary of terms.

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