

Mark F. Beck

Teoría y práctica del masaje terapéutico

QUINTA EDICIÓN



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Spanish Translated Theory & Practice of Therapeutic Massage



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THE IDEA and Practice of MASSAGE THERAPY (5th edition) may be the classic text in the massage industry including the essential knowledge and skills needed to turn into a successful, professional massage therapist, plus the essentials of anatomy and physiology. A new chapter discusses massage for particular populations including pre-natal, infant, elder, critically ill, people who have cancer, and hospice. Full-color illustrations and photos clearly illustrate techniques and procedures. Classical therapeutic massage is expanded with clinical methods including neuromuscular and myofascial methods, and lymph massage, combined to better serve the client by pursuing therapeutic procedures. The ultimate chapter provides been revised to cover business practices for finding employment or successful self-employment. Essential topics to the industry such as ethics, hygiene, communication abilities, and body mechanics are discussed. Numerous profession tracts are explored including therapeutic massage in a spa environment and athletic massage.



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