

Mark F. Beck

Theory & Practice of Therapeutic Massage

FIFTH EDITION



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THE IDEA and Practice of MASSAGE THERAPY (5th edition) is the classic text in the massage industry including the essential knowledge and skills needed to become a successful, professional massage therapist, plus the essentials of anatomy and physiology. Necessary topics to the sector such as ethics, hygiene, communication skills, and body mechanics are discussed. Full-color illustrations and photographs clearly illustrate methods and procedures. Numerous profession tracts are explored including therapeutic massage in a spa environment and athletic massage therapy. Classical massage is expanded with clinical techniques including neuromuscular and myofascial techniques, and lymph therapeutic massage, combined to better serve the client by following therapeutic procedures. The ultimate chapter has been revised to cover business methods for finding work or effective self-employment. A fresh chapter discusses massage for special populations including pre-natal, baby, elder, critically ill, people with cancer, and hospice.



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Expensive, but there really is no substitute in terms of its scope. Though it has a hefty price, this book remains THE CLASSIC for beginning students of professional massage and bodywork. The display and .So if this text message is necessary for your classes, brace yourself and buy it; the scope of materials should continue to serve you very long after graduation. EDIT: We reviewed this book soon after buying it and reading through a good portion of it. It'll often use several different terms during the period of many paragraphs without explaining that it's talking about the same thing. There are locations in the glossary where words are misspelled, and at least one place, that appears like the sentences were trim and pasted back collectively departing the letters jumbled. [amazon.com/gp/product/0781756774/ref=oh_points_o00_s00_i00](https://www.amazon.com/gp/product/0781756774/ref=oh_points_o00_s00_i00) Disappointing

This workbook is written to accompany Beck's Theory and Practice of Therapeutic Massage. However, there are places where the definitions to the vocabulary are missing in the reserve, where questions or labeling are answered in another chapter, and where in fact the questions are worded so in a different way from the reserve it requires outside research to answer them. The info is presented in obvious conditions, with definitions highlighted and no problem finding throughout each chapter. Our teachers possess even had trouble helping us discover answers in the reserve. At times, even the answers they have from the teacher's instruction are clearly wrong or at greatest confusing. I understand that workbooks are meant to cause you to think and really get a grasp on the material, but I really believe that this ought to be accomplished without leaving the student confused. Love this Book! This book does a nice job of covering a whole lot of topics for massage therapists. Many workbook chapters have at least among these mistakes and several have many of them producing the workbook not merely difficult, but confusing. The photos, tables, and diagrams are outstanding. It's fun to learn, and an ideal reference for all sorts of queries or curiosities. It has a large amount of practical advice, and useful assets and websites you can examine out. I absolutely love it! I recommend this book! I'm keeping this one. Anatomy is lacking This book had not been edited well at all. good buy !The worst part of this book is the anatomy portion. Apparently the writer helped to create the MBLEX, so I will see how valuable the massage info is when I take the exam. Yet not really for OH LMT I love this reserve! If you don't have an excellent grasp on anatomy it will be completely confusing. Save your time and get yourself a Trail Information to your body. The Trail Instruction will explain things much better and the pictures are great. Descriptions of different modalities plus photos of the techniques. This is a well crafted Book. And although I've been a qualified therapist since 1991, I still keep carefully the reserve on my reference shelf (several editions, actually)... This is a well crafted Book . The demonstration and the pictures are very clear. Can be used as a text reserve for college students and reference for practitioners. SO informative! It really is as if five different people collaborated on the charts in the sections on the muscles and refused to utilize the same terminology. Excellent content good buy ! It actually contradicts itself on some stuff from one chapter to another. Also, there are some terms that are described one way in one chapter and in another chapter, they are described so differently that it's confusing. Several chapters on advertising and having your personal practice. A full section on spa services and even a few spa quality recipes. If you use both to understand the anatomy the Theory and Practice reserve will show its inconsistencies. Some textbooks I'll sell back again after a class has ended.**UPDATE**Allow me also add that there surely is an even better massage textual content available here on Amazon: Fundamental CLINICAL MASSAGE THERAPY by James H. Unfortunately, in Ohio we only need to find out about 3-4 chapters from this entire reserve that are on the Condition Board HEALTH CHECK. At the price we purchase college textbooks, I believe that they should be edited carefully and really should teach their materials clearly. This was

unneded and its so annoying that the school said we needed it, only to find out later we won't even be examined (when it counts) on over fifty percent the book! I no longer highly recommend this book, actually I would rather recommend you borrow it from the library or another college student, or in the event that you must purchase it, get it super cheap used, with hi-lights, somewhere else! Sorry Five Stars Taught me everything I had a need to know about the theory of massage. Disappointing We are using this book inside our massage classes and while it teaches the items it should, it really is poorly written. Clay. The grammar is usually incorrect in several places rendering it difficult to comprehend. http://www. Thats as significantly in simply because we are, but its created so wonderfully I've started reading chapters forward since it has so much information I wish to know! Its extremely informative about the history of massage. I can recognize that all books have mistakes, but I've read fiction that got better grammar no spelling mistakes. Save your valuable money, split the price with other learners in class. Arrived in great condition. Excellent content Found its way to great condition. So happy we needed it for class.! One or two mistakes would be acceptable, but there are too many to be counted.!



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