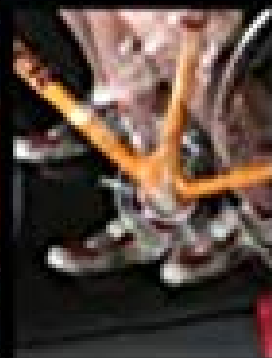
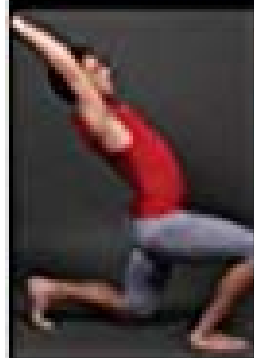


TOUCH & MOVEMENT

Palpation and Kinesiology for **Massage Therapists**

JULIE GOODWIN



Julie Goodwin

Touch & Movement: Palpation and Kinesiology for Massage Therapists



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TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR Massage therapy THERAPISTS leads step-by-step through the client assessment practice, from analysis of posture and gait through application of the concepts of complex movement to palpation of the skeletal and soft tissue structures of your body. The text engages all learning styles with a range of hands-on exercises. Intensive instruction in palpation and kinesiology techniques including focus on endangerment zones, cautions and contraindications, and an array of palpation practice exercises, encourages accurate mastery of this crucial assessment tool. Students can apply new concepts and techniques there in the classroom or reinforce those skills in the treatment room. In addition, it fills in potential educational gaps for those massage therapists whose initial schooling took place ahead of classes that included in-depth palpation and kinesiology methods. It grounds the reader in the fundamentals of joint and muscle anatomy and physiology. They learn why and how they should palpate bony landmarks, soft tissue accessories, and muscle groups. With **TOUCH & Motion: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS**, established professionals and massage therapy students alike will see a visual and extensive tool designed for and dedicated to their specific useful and educational needs and career growth.



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An Excellent Source of Information I was going for a Kinesiology Program from the person who wrote this book, but, unfortunately, financial problems caused me to drop from the course. Julie Goodwin has years of encounter as a Certified Therapeutic massage Therapist and Instructor in Massage Schools. Currently she actually is teaching at Pima Community College in Tucson, AZ. Great resource! It is so easy to use and the palpations are therefore well described and easy to execute. She knows her "stuff" which book should turn into a classic in the field. I've used it to refresh my understanding and to increase the knowledge of my co-employees. I wish we had something like this when I visited school. It is a precise and well defined source of information about the anatomy of the bones and muscle tissue of the body. I have already been a practicing Massage Therapist for 15 years which may be the best book of the type I've found! I would suggest this publication for all colleges that teach body work and all treatment centers that employ therapists!



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