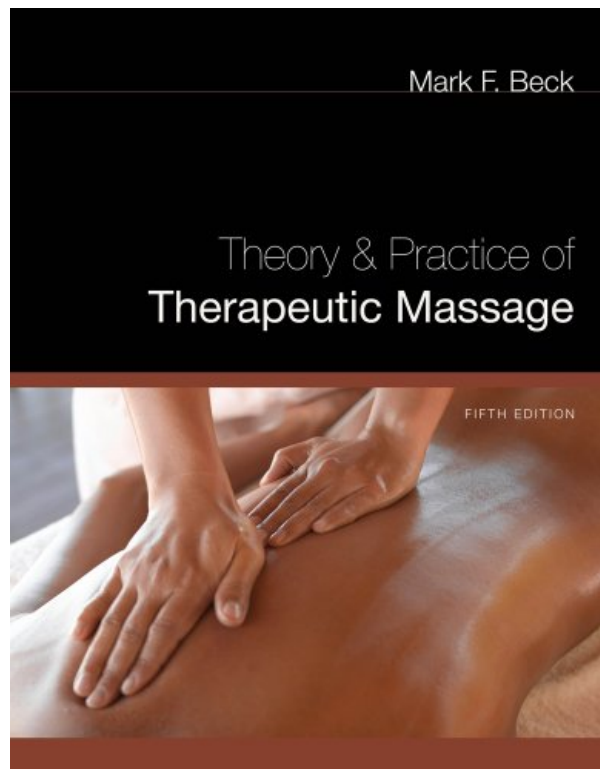


THEORY AND PRACTICE OF THERAPEUTIC MASSAGE BY MARK F. BECK



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Theory & Practice of Therapeutic Massage

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Review

"The Beck textbook is filled with an incredible amount of knowledge for the up and coming massage therapist. The real-life photos in the text help to reinforce the lessons in each chapter."

"I was extremely impressed by the quality of this new text and how it encompassed every aspect of massage therapy all 'under one roof'. This is a valuable asset to not only students but for any massage therapist to add to their library as reference tool."

About the Author

Mark Beck began his massage career in 1974 after completing a massage apprenticeship under the guidance of Bob Rogers. He completed a program to become a holistic practitioner in 1979 and has taken hundreds of hours of continuing education classes. Mark owned and directed two massage schools and remains active in state and national professional massage organizations. Most recently he was an inaugural board member of the Alliance for Massage Therapy Educators (2010-2014). He holds a bachelor's degree in vocational education with an emphasis in massage therapy from the University of Idaho. Mark developed the Structural Muscular Balancing Seminars and is coauthor of the Structural Muscular Balancing Manual. Because of a spinal cord injury in 1990, Mark retired from the practice of massage therapy but continues to be an advocate for excellence in massage education.

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The Theory and Practice of Therapeutic Massage (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. Essential topics to the industry such as ethics, hygiene, communication skills, and body mechanics are discussed. Full-color illustrations and photographs clearly illustrate techniques and procedures. Classical massage is expanded with clinical techniques including neuromuscular and myofascial techniques, and lymph massage, combined to better serve the client by following therapeutic procedures. Numerous career tracts are explored including massage in a spa environment and athletic massage. A new chapter discusses massage for special populations including pre-natal, infant, elder, critically ill, people with cancer, and hospice. The final chapter has been revised to cover business practices for finding employment or successful self-employment.

- Sales Rank: #86097 in Books
- Brand: Brand: Milady
- Published on: 2010-04-23
- Original language: English
- Number of items: 1
- Dimensions: 10.50" h x 8.25" w x 1.25" l, 5.03 pounds
- Binding: Paperback
- 1008 pages

Features

- Used Book in Good Condition

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for excellence in massage education.

Most helpful customer reviews

17 of 17 people found the following review helpful.

Covers a lot, but not clearly and not in enough detail

By Amazon Customer

I used this text (and workbook) in massage school last year. While the text has its strengths and weaknesses, too often, key concepts were not explained clearly or in enough detail. In studying for the massage exam (NCTMB), I found it essential to use other books (e.g., an anatomy and physiology text) in order to have an understanding of some fundamental concepts that were either skipped or superficially discussed in the text. My expectation was that this book would be a good reference for using in my massage practice. Based upon my experience so far, it would need more details in many key areas in order for me to use it this way. Since school, I have rarely referred to it, and used it only occasionally in studying for the exam.

The books strengths are primarily in the extent of the material that it covers. I have not found any other single book that covers such a broad scope of information. And some of the information covered, I have not yet found anywhere else.

This book has a few weaknesses that if addressed, could make this THE text for massage. First, there tends to be a general lack of clarity in presentation; issues are often talked about rather than clearly stating what something is and how it fits in with the larger picture. I often had to reread sections several times (very frustrating) in order to understand what point the author was trying to convey. I noticed when reading a separate anatomy and physiology text (I bought one while I was in school), that concepts were explained in more detail, and one or two readings were sufficient. In this text, anatomy and physiology facts were often stated one after another and made into a paragraph, which made understanding difficult.

Second, there tended to be a lack of detail on key concepts. This was frustrating and motivated me to look for other sources that would give more detail. Surprisingly, this was even true in the area which describes the massage strokes and their usage. As a result, I recently purchased Mosby's Fundamentals of Therapeutic Massage (so far, looks good, but too early to tell yet).

12 of 12 people found the following review helpful.

Expensive, but there really is no substitute in terms of its scope

By Hungry Mind

Though it has a hefty price tag, this book remains THE CLASSIC for beginning students of professional massage and bodywork. And although I've been a certified therapist since 1991, I still keep the book on my reference shelf (several editions, actually).

So if this text is required for your classes, grit your teeth and buy it; the scope of material should continue to serve you long after graduation.

****UPDATE****

Let me also add that there's an even better massage text available here on Amazon: BASIC CLINICAL MASSAGE THERAPY by James H. Clay.
http://www.amazon.com/gp/product/0781756774/ref=oh_details_o00_s00_i00

7 of 7 people found the following review helpful.

Disappointed

By RTF

Compared to the other reviews I am very disappointed with this book. It does cover a wide range of information necessary to become a good massage therapist, including anatomy, physiology, microbiology, massage techniques, history, business practices & ethics, etc. However, I am very dissatisfied with the

accuracy and organization of information. Despite a 4.0 in college Anatomy & Physiology, Microbiology, Pathophysiology, Allied Health Chemistry, etc., I found the information presented within the text challenging to follow in some sections. The presentation of information lacked clarity. The diagrams and pictures were confusing due to several errors or mislabeling, lack of sufficient explanation within the text, and/or incongruence between instructions in the text and what the pictures presented. I also found it very hard to complete sections of the handbook because the information was not presented in the textbook. I have chosen to look for another book that presents information clearly and accurately.

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