



Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques

By Art Riggs

 Download

 Read Online

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs

Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of *Deep Tissue Massage* is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. “Fundamentals” covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. “Strategies” offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. “Caveats” details areas in which the practitioner needs to exercise caution. *Deep Tissue Massage* presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

 [Download Deep Tissue Massage, Revised Edition: A Visual Gui ...pdf](#)

 [Read Online Deep Tissue Massage, Revised Edition: A Visual G ...pdf](#)

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques

By Art Riggs

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs

Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of *Deep Tissue Massage* is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. *Deep Tissue Massage* presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs Bibliography

- Sales Rank: #51564 in Books
- Brand: Brand: North Atlantic Books
- Published on: 2007-06-05
- Released on: 2007-06-05
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .70" w x 8.00" l, 1.91 pounds
- Binding: Paperback
- 304 pages

 [Download Deep Tissue Massage, Revised Edition: A Visual Gui ...pdf](#)

 [Read Online Deep Tissue Massage, Revised Edition: A Visual G ...pdf](#)

Download and Read Free Online Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs

Editorial Review

Users Review

From reader reviews:

Dawn Spigner:

The book Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques give you a sense of feeling enjoy for your spare time. You need to use to make your capable much more increase. Book can to become your best friend when you getting strain or having big problem along with your subject. If you can make looking at a book Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques for being your habit, you can get a lot more advantages, like add your own personal capable, increase your knowledge about many or all subjects. You may know everything if you like available and read a publication Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques. Kinds of book are several. It means that, science reserve or encyclopedia or other individuals. So , how do you think about this guide?

William Hughes:

The book Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques can give more knowledge and information about everything you want. Why must we leave the great thing like a book Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques? A few of you have a different opinion about guide. But one aim this book can give many information for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or data that you take for that, you can give for each other; you may share all of these. Book Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques has simple shape however you know: it has great and massive function for you. You can appearance the enormous world by open and read a book. So it is very wonderful.

Robert Shaw:

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques can be one of your beginner books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to place every word into joy arrangement in writing Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques but doesn't forget the main level, giving the reader the hottest and also based confirm resource facts that maybe you can be one among it. This great information may drawn you into new stage of crucial contemplating.

Robert Ford:

Are you kind of hectic person, only have 10 as well as 15 minute in your day time to upgrading your mind

expertise or thinking skill possibly analytical thinking? Then you are experiencing problem with the book than can satisfy your short time to read it because pretty much everything time you only find publication that need more time to be examine. Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques can be your answer because it can be read by an individual who have those short extra time problems.

Download and Read Online Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs #79CJAZM2L1X

Read Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs for online ebook

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs books to read online.

Online Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs ebook PDF download

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs Doc

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs Mobipocket

Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques By Art Riggs EPub