

<<运动与训练按摩>>

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内容概要

The competitive athlete, whether amateur or professional, presents specific challenges to the massage therapist. To treat these individuals, the therapist should have a background in sport specific activities, be aware of the effects of training, and understand injury types and rehabilitation applications. This text describes patterns for sport activities (like running, throwing, impact, and repetitive use) and provides guidelines for applying massage to specific sports. Because athletes depend on highly coordinated neuromuscular activity, assessment and massage applications that address these physiologic mechanisms are covered in depth. 作者简介：Sandy Fritz, MS, LMT is the Owner, Director, and Head Educator of the Health Enrichment Center, Inc., School of Therapeutic Massage. Also in private practice for almost 30 years, Sandy works with a diverse clientele, dealing with everything from stress management massage to physician-referred rehabilitative care upon physician referral. She has developed and supervises a student massage clinic with the Detroit Lions of the National Football League. She also provides professional sports massage and rehabilitation for individual athletes, primarily in golf, football, basketball, and baseball. In addition to being published in the Journal of Bodywork and Movement Therapies, Sandy is a prominent author of many Elsevier massage therapy resources, including: Sports & Exercise Massage: Comprehensive Care in Athletics, Fitness, & Rehabilitation Mosbys Fundamentals of Therapeutic Massage Mosbys Essential Sciences for Therapeutic Massage Mosbys Massage Therapy Review Mosbys Curriculum Guide for Massage Therapy Mosbys Fundamentals of Therapeutic Massage Video Series, Volumes 1-4

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