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Integrated Sports Massage Therapy: A Comprehensive Handbook, 1e

Anders Jelvéus DN leg. Naprapat MTOM LAc CMT

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Integrated Sports Massage Therapy is a highly illustrated evidence-based handbook which presents a wide range of effective sports massage techniques to cover any sports-related situation.

Anders Jelveus explains and applies effective techniques from a variety of disciplines of manual therapy, ranging from commonly used sports massage strokes to more advanced concepts for real-life effective sports massage treatments. The presented techniques serve as a great addition for any therapist seeking to work with athletes, and are suitable for pre-event, post-event, inter-event, and in remedial sports massage therapy.

This unique book offers a comprehensive presentation of sports massage therapy including:

Sports massage history

Basic sports massage strokes and work postures

Sports massage applications

Event-based sports massage treatment guidelines

Sports-specific massage treatment recommendations

Therapeutic muscle stretching techniques

Therapeutic muscle stretching applied to specific muscle groups

Positional Release Techniques (PRT)

Acupressure and Tui Na techniques with applications

Myofascial release techniques

Connective tissue massage

Lymphatic drainage massage

Myofascial Trigger Point etiology and treatment techniques

Sports injuries

Athletic taping

Remedial Sports massage applications

Athletic self massage techniques.

The book is suitable for all manual therapy students and practitioners, whether novice or advanced, including massage therapists, physical therapists, osteopaths, chiropractors, naprapaths, naturopaths and acupuncturists.

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