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## Neuromuscular Massage Therapy: Skills Development (Paperback)

By Malini Chaudhri Ph D

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is a technical description of neuromuscular techniques in massage therapy to manage advanced care. It is the fundamentals of bodywork, fitness, health, energy, physique, flexibility, mobility and more. It teaches the therapist aspects of stretch, proprioception, assessment, injury correction and advanced movements to facilitate sportsmen or patients under rehabilitation. Active sports requires support and knowledge of anatomical management of functional range of movement, muscle tension, balance, postural controls at various levels, ages and capacities. Sensory treatment and integrated approaches indicate range in theories of care. Embryonic body types also provide a framework for plan of care and self development. This book is designed as one convenient unit that covers sensory, neuromuscular, orthopaedic and embryonic relations to therapies for achieving fitness and excellence in sports or daily life. The Second edition has an added chapter on sensory therapies based on special senses. The entire manual covers in technical listings, the vast range of known applications for neuromuscular massage therapies. The sciences come together for reference of clinical practitioners and massage therapists seeking to enhance their knowledge base. Neuromuscular massage therapy is...



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