

Orthopedic Massage

Theory and Technique

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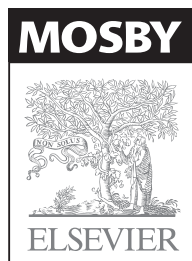
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SECOND EDITION



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Preface

to the Second Edition

More than six years have passed since the first edition of this book. In that short span of time there has been an increasing awareness of the valuable benefits of massage for treating soft-tissue pain and injury conditions. With musculoskeletal disorders being so prevalent worldwide, there is no shortage of need for knowledgeable and skilled massage practitioners to serve the public.

The shifting curricula in many massage education programs reflect this awareness that more people are seeking the help of massage therapists for a wide array of orthopedic disorders. Consequently, massage practitioners are looking for resource material that gives them sound guidance in developing appropriate treatment strategies to best assist those seeking their care. The changes in this second edition are a result of extensive feedback from students, educators and practicing professionals describing what would make an even better resource for them.

A great deal of advanced education in the massage field focuses on the acquisition of new techniques. Acquiring new skills is clearly a central component on the path to developing expertise. Yet, too often the emphasis on technique alone causes the practitioner to oversimplify each individual's condition and look for a simplistic recipe or routine to apply in a standard fashion. A skilled

clinician must also incorporate sound clinical reasoning to determine if, and when, modification of any treatment approach is needed to fit the unique needs of each individual.

The most significant change in this second edition is in the section describing massage techniques for the various orthopedic conditions listed in the book. Many readers requested more thorough guidelines for massage treatments that were presented. In this new edition the description of specific massage techniques is greatly expanded. There is also a new section included under each condition called *Rehabilitation Protocol Considerations*. These considerations describe factors the practitioner should consider for modifications of any of the treatment techniques to make them appropriate to the stage or severity of each client's condition. This new edition has also been enhanced with color and improved photos of treatment procedures to make them more understandable. It is my sincere hope that this text becomes a guide that helps expand each practitioner's clinical skills to help the plethora of people who need care for soft-tissue pain.

Sisters, Oregon, 2008
Whitney Lowe

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