



# **Deep Tissue Massage Treatment - Elsevier Digital Book (Retail Access Card): A Handbook of Neuromuscular Therapy, 1e (Mosby's Massage Career Development)**

*Enrique Fabian Fernandez NMT*

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*Enrique Fabian Fernandez NMT*

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- The first text on the market that delineates deep tissue routines or treatments.
- Provides techniques, routines, and procedures for the treatment of a wide array of neuromuscular conditions, including carpal tunnel syndrome, tennis and golfer's elbow, frozen shoulder, rotator cuff dysfunctions, thoracic outlet syndrome, whiplash, migraines, kyphosis, lordosis, and scoliosis, among others.
- Each chapter on conditions follows a template with a definition of the condition, a list of associated symptoms, indications and contraindications for massage, and a procedure/routine.
- Routines are outlined step-by-step and clearly describe for the therapist exactly what needs to be done to treat a particular condition.
- Heavily illustrated, with many photos of each technique and routine, as well as some photos illustrating conditions.
- Photos of indicated and contraindicated stretches with a brief explanation of why they are indicated or contraindicated.
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- An excellent clinical companion for massage therapists.

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