



Therapeutic Massage in Athletics (Lww Massage Therapy & Bodywork Educational Series)

By Pat Archer MS ATC LMP

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This textbook on sports massage was created specifically for massage therapists, certified athletic trainers, and physical therapists who work with athletes. The author is an experienced massage therapy and athletic training educator and practitioner, and provides instruction on how to apply clinical massage techniques to athletes. The text is uniquely focused on the use and integration of basic sports massage, myofascial, neuromuscular, and lymphatic facilitation to enhance an athlete's performance potential and treat common athletic injuries and conditions.

The book includes numerous diagrams and pictures of techniques to help readers visualize specific concepts and procedures. From the Field Boxes contain quotes from professionals who practice sports massage. Case Studies present common athletic injury scenarios and descriptions of treatment protocols.

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