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FA1 - YAZMIN YATES

Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of Deep Tissue Massage is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing in-

jury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. Deep Tissue Massage presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

With this book's streamlined, innovative

approach, you'll learn how to manage and assess medical information in order to determine massage contraindications.

This book examines the research base of touch in massage therapy while linking the implications of these results to massage practice. It was written by the director of the world-renowned Touch Research Institute. Each chapter gives a clear and authoritative review of what is known about the effects of touch in a variety of clinical conditions. It specifically addresses the areas of stress reduction, pain reduction, growth and development, immune functions, and auto-immune disorders.

This revised and updated edition of the ABC of Complementary Medicine offers an

authoritative introduction to complementary therapies. Taking an independent standpoint, neither promoting nor disparaging complementary therapies, this second edition includes the latest information on efficacy of treatments and provides a new emphasis on patient management. The ABC of Complementary Medicine is an invaluable guide to any doctor who encounters complementary medicine in clinical practice.

Written by the Director of the world-renowned Touch Research Institutes, this book examines the practical applications of important massage therapy research findings. Each chapter of this comprehensive resource provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions such as depression, pain management, movement problems, and functioning of the immune system. Coverage also includes the benefits of massage to specific populations such as pregnant women, neonates, infants, and adolescents. This book is suitable for massage therapists (including Shiatsu practitioners), aromatherapists, chiropractors, osteo-

paths, physical therapists, and nurses. Provides a thorough yet concise review of recent research related to the importance of touch. Offers practical guidance to health-care professionals whose work involves physical contact with patients.

The Third Edition of this README FIRST for a User's Guide to Qualitative Methods offers those new to qualitative inquiry a clear and practical handbook to doing qualitative research, the fit of questions to methods, and the tasks of getting started. In their direct and friendly style, Lyn Richards and Janice Morse help researchers reflect on why they are working qualitatively, choose an appropriate method, and confidently approach research design, data making, coding, analyzing and finally writing up their results.

"Mosby's Pathology for Massage Therapists, Second Edition, provides complete pathology information with specific massage considerations in one convenient text! You'll discover how to adapt massage techniques to ease pain and discomfort, promote healing, and ensure the safety of your clients for a wide range of medical conditions. Unmistakable "stoplight" icons let you know when massage is indicated

(green), when to proceed with caution (yellow), and when massage is contraindicated (red)." --Book Jacket.

Nursing and Midwifery Research: methods and appraisal for evidence-based practice 5th edition has been fully revised and updated to include the latest developments in Australian and New Zealand nursing and midwifery practice. It is an essential guide to developing research skills, critically appraising research literature and applying research outcomes to practice. Visit <http://evolve.elsevier.com/AU/Schneider/research/> for additional resources Student resources An Unexpected Hurdle-concise suggested answer guides for alternatives to study design Learning Activities-answers to end-of-chapter tests Research Articles and Questions-exploring the themes of each chapter through examining qualitative, quantitative and mixed methods studies Time to Reflect-supporting answer guides for further reflection on ideas explored within each chapter Glossary Instructor resources Tutorial Triggers-answer guides to tutorial activities, designed to initiate class discussions and further debate based on content within the chapter PowerPoint presentations for each chapter

Chapters on 'Indigenous approaches to research' and 'A research project journey: from conception to completion' An Unexpected Hurdle-exploring challenges to overcome in research Time to Reflect-reflecting on the topic of each chapter Contemporary research articles selected for each chapter and questions developed for further study on Evolve Expanded and updated glossary of terms and definitions

Develop the knowledge you need to evaluate a client based on how diseases and disorders affect the systems of the body and the critical-thinking skills to apply that knowledge in practice.

Why does a man who is well into his retirement take up a new career as a massage therapist? What can massage offer to society? How does one go about learning it? Sam Wong deals with these and other intriguing questions in this book. He provides an authentic account of learning and blending Western massage and Chinese tui na, highlights the role of inspiring teachers in helping him to become a massage therapist, and documents the effectiveness of massage as an alternative treatment for fibromyalgia and other chronic

pains. Sam's insights on tui na in traditional Chinese medicine are fascinating and unique.

Sports Massage for Injury Care explains why manual therapy is so valuable in treating musculoskeletal injuries. It presents injury-specific protocols for treating and preventing recurrence of 20 of the most common neuromuscular injuries seen in athletes.

What if you can't afford nine-dollar tomatoes? That was the question award-winning journalist Tracie McMillan couldn't escape as she watched the debate about America's meals unfold, one that urges us to pay food's true cost--which is to say, pay more. So in 2009 McMillan embarked on a groundbreaking undercover journey to see what it takes to eat well in America. For nearly a year, she worked, ate, and lived alongside the working poor to examine how Americans eat when price matters. From the fields of California, a Walmart produce aisle outside of Detroit, and the kitchen of a New York City Applebee's, McMillan takes us into the heart of America's meals. With startling intimacy she portrays the lives and food of Mexican garlic crews, Midwestern produce managers, and

Caribbean line cooks, while also chronicling her own attempts to live and eat on meager wages. Along the way, she asked the questions still facing America a decade after the declaration of an obesity epidemic: Why do we eat the way we do? And how can we change it? To find out, McMillan goes beyond the food on her plate to examine the national priorities that put it there. With her absorbing blend of riveting narrative and formidable investigative reporting, McMillan takes us from dusty fields to clanging restaurant kitchens, linking her work to the quality of our meals--and always placing her observations in the context of America's approach not just to farms and kitchens but to wages and work. The surprising answers that McMillan found on her journey have profound implications for our food and agriculture, and also for how we see ourselves as a nation. Through stunning reportage, Tracie McMillan makes the simple case that--city or country, rich or poor--everyone wants good food. Fearlessly reported and beautifully written, *The American Way of Eating* goes beyond statistics and culture wars to deliver a book that is fiercely intelligent and compulsively readable. Talking about

dinner will never be the same again.

Covering massage fundamentals, techniques, and anatomy and physiology, this comprehensive text provides a solid foundation in massage therapy and manual therapy. Includes case studies, expanded rehabilitation content, an emphasis on kinesiology, coverage of Thai massage, lines drawings, and over 700 full-color illustrations.--From publisher description.

Massage techniques are widely and effectively used in treatment of autism spectrum disorders (ASDs) to address sensory issues, motor problems and touch receptivity. This title explains how massage works, how the body senses touch, and how touch therapy can benefit children with ASDs.

Written by massage therapy expert Sandy Fritz, this unique review resource prepares you for all of your massage therapy exams — both routine semester exams and tests administered for licensure, such as the National Certification Exam and the MBLEx. This comprehensive review features updated content and questions based on the currently administered licensing exams. Plus, a companion Evolve website comes loaded

with 8 practice exams and a variety of review activities such as labeling exercises, crossword puzzles, electronic coloring book, games, and much more! And for studying on the go, Mosby offers a new mobile app featuring 125 test questions. No other massage review on the market gives you such complete exam preparation! Full color format with 347 illustrations (showing various massage techniques as well as anatomy & physiology) presents information in a more visual, engaging way and helps you retain information better than reviewing text alone. Over 1300 practice questions in the text provide the opportunity to assess your readiness for exams. Over 40 labeling exercises are available throughout the book to help kinesthetic learners retain information. Logical text organization presents review content with illustrations and examples followed by review questions and exams to help you hone test-taking skills as you master facts, learn how to apply them, complete practice questions by topic, and then work through a realistic exam experience. Written to be versatile so it can be used to prepare for licensing exams, as well as classroom exams allows you to prepare for mas-

sage licensure exams as well as your regular course load along the way. Answer key printed in the back of the text with rationales provides you additional feedback so you can better understand why answers are correct or incorrect. Esteemed author Sandy Fritz delivers quality content that students and instructors know they can rely on. NEW! Updated content and questions based on the changes to licensing exams delivers the most up-to-date, relevant questions ensuring you'll be fully prepared to pass the current exams. NEW! Companion website offers 8 practice exams, numerous review activities such as labeling exercises, crossword puzzles, Body Spectrum electronic coloring book, online flashcards, med term games, animations and more. NEW! Mobile app with practice test questions offers increased flexibility to study on the go and in shorter intervals. Success in massage therapy begins with a solid foundation in the fundamentals! Mosby's Fundamentals of Therapeutic Massage, 7th Edition helps you build the skills you need, from assessing problems and planning treatment to mastering massage techniques and protocols. Hundreds of photographs demonstrate massage tech-

niques step by step, and case studies bring concepts to life. 'How-to' videos on the Evolve companion website show manipulation techniques, body mechanics, positioning and draping, and more. If you want to prepare for licensing and certification exams and succeed in practice, this resource from massage therapy expert Sandy Fritz is your text of choice. Comprehensive coverage includes all of the fundamentals of therapeutic massage, including massage techniques, equipment and supplies, wellness, working with special populations, and business considerations; it also prepares you for success on licensing and certification exams. Step-by-step, full-color photographs demonstrate massage techniques and protocols by body area. Three hours of video on the Evolve website demonstrate techniques and body mechanics — each clip is narrated and performed by author Sandy Fritz — as well as review activities for licensing exams. Proficiency exercises provide opportunities to practice and apply what you are learning. Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice. Coverage of body mechanics

helps you to create an ergonomically effective massage environment and to determine appropriate pressure, drag, and duration application while applying massage methods. Coverage of multiple charting methods helps you develop record-keeping and documentation skills, including SOAP and computer charting with simulation on Evolve. Learning features include chapter outlines, objectives, summaries, key terms, practical applications, activities and exercises, and workbook-type practice. Review tools include matching exercises, short answer questions, fill-in-the-blank questions, drawing exercises, and critical thinking questions, all available on Evolve. Research Literacy and Evidence-Based Practice chapter includes new research findings and explains how research is done, and how to read and understand it. Adaptive Massage chapter explains how to address the needs of specific populations, from pregnant women and infants to hospice patients and people with physical impairments. Massage Career Tracks and Practice Settings chapter covers massage therapy services offered at spas, and looks at the spa as a possible massage career. In-depth coverage of HI-

PAA shows how to store records in a HIPAA-compliant manner and explains HIPAA requirements and training. Foot in the Door boxes outline the professional skills expected by prospective employers. Updated Basic Pharmacology for the Massage Therapist appendix provides up-to-date information on common medications.

An essay on the importance of touch to children's growth and development and to the physical and mental well-being of people of all ages. The first sensory input in life comes from the sense of touch while a baby is still in the womb, and touch continues to be the primary means of learning about the world throughout infancy, well into childhood. Touch is critical for children's growth, development, and health, as well as for adults' physical and mental well-being. Yet American society, claims Tiffany Field, is dangerously touch-deprived. Field, a leading authority on touch and touch therapy, begins this accessible book with an overview of the sociology and anthropology of touching and the basic psychophysical properties of touch. She then reports recent research results on the value of touch therapies, such as massage thera-

py, for various conditions, including asthma, cancer, autism, and eating disorders. She emphasizes the need for a change in societal attitudes toward touching, particularly among those who work with children. Covering massage fundamentals, techniques, and anatomy and physiology, Susan Salvo's *Massage Therapy: Principles and Practice*, 5th Edition brings a whole new meaning to the word 'comprehensive.' This student-friendly text boasts more than 700 illustrations and expanded sections on neuroscience, research, and special populations, plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms. It makes the essential principles of massage therapy more approachable and prepares you for success in class, on licensing and board certification exams, and in a wide range of therapeutic practice settings. Clear, straightforward approach simplifies complex content for easier understanding. Complete anatomy and physiology section, in addition to material on techniques and foundations, gives you all the information you need in just one book. Certification Practice Exam on Evolve mimics the

major certification exams in format and content, builds confidence, and helps increase pass rates. Over 700 high-quality illustrations, including line drawings and halftones, clarify difficult concepts in vibrant detail. Case studies challenge you to think critically and apply your understanding to realistic scenarios, foster open-mindedness, and stimulate dialogue. Profile boxes provide an inspirational, real-world perspective on massage practice from some of the most respected authorities in massage and bodywork. Clinical Massage chapter focuses on massage in clinical settings like hospitals, nursing homes, and medical offices to broaden your career potential. Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market. Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques, routines, client interaction sequences, and case studies that facilitate the learning process and the practical application of the material. Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site. Evolve boxes at the end of

each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter.

This comprehensive resource covers a broad array of research strategies available to massage therapists to give them the tools they need to be knowledgeable readers of research literature, as well as active researchers. The primary focus of the book is on the quantitative aspect of research that encompasses the principal types of studies most extensively used in the various health care professions, specifically massage therapy. Extensive coverage is also given to the qualitative and integrative research categories that are progressively gaining recognition among researchers in various health science disciplines and professions. Accommodates the March 2003 mandate from the Commission on Massage Therapy Accreditation (COMTA) that massage therapy schools incorporate into their curricula provisions to ensure a research literate profession. Examples and techniques for interpreting research guide practitioners and students to be knowledgeable readers of massage therapy research, allowing application to practice. Relies heavily on concept maps,

flowcharts, tables, and illustrations and excerpts of published studies to augment the book's narrative development of topics by providing pictorial displays and summaries of the material. Literature-based and hypothetical research examples/illustrations from several manual therapy professions employing therapeutic massage make the material pertinent to real-life settings. An introductory section at the beginning of each chapter reviews the material covered in the previous chapter and how it relates to the new material. Chapter coverage spans the quantitative, qualitative, and integrative research categories and affiliated research strategies and methods are considered in detail. Review/summary tables give an overview of the narrative development of topics. Boxes provide the essential features of a given topic. Relies on multiple examples of possible research scenarios and illustrative excerpts from the published research literature. Content is cross-referenced for use with the Massage Therapy Foundation's Massage Therapy Research Curriculum Kit to provide both instructors and students in the 6-, 15-, and 24-hour options/levels an extensively-developed resource in one place. Each

chapter includes recommended web sites and software application packages for further information.

This is the third edition of a highly successful guide to using massage therapy through all stages of the birth process, from pregnancy, through labor and birth, and into the long postpartum period. It is primarily for massage therapists but is also intended for physical therapists, other manual therapists and bodyworkers, nurses and midwives, physicians and doulas - any professional who wants to integrate more therapeutic touch in their work. The text combines what anyone who works with pregnant people needs: an exhaustive distillation of current scientific knowledge, alongside hands-on recommendations, specific techniques and business success from almost a century of the authors' combined experience. The reader will gain a detailed understanding of what is happening to the body during pregnancy and beyond, how massage techniques can impact those changes, and very concrete, applicable strategies for how to work with maternity clients to make them feel better. Amidst this abundance of detail about what to do, the authors also explore the

flipside - what therapists need to modify and avoid to ensure that their work with pregnant and postpartum clients is safe; how to recognize high-risk factors or other complications; how best to adjust treatment; and how to work with medical healthcare providers throughout the process.

Develop the business skills necessary to succeed in massage therapy with help from respected massage educator and business owner, Sandy Fritz! With a user-friendly approach and comprehensive support tools, this authoritative guide delivers a working knowledge of essential concepts for employees or owners of a massage therapy practice and helps you prepare for the professional challenges that await you in the real world. Renowned massage educator and business owner Sandy Fritz presents a practical, proven business philosophy for success in massage therapy practice. Focus on need-to-know business skills for complete success as an employee or the owner of a massage therapy practice. A companion CD with practice management software provides hands-on experience creating client records, setting ap-

pointments, entering documentation, and more. Self-Reflection boxes put concepts into a realistic context through Sandy Fritz's personal experiences in massage practice. Learning Activity boxes reinforce your understanding and challenge you to apply what you've learned in an engaging workbook format. Good Stuff from the Government boxes alert you to helpful government resources and help you ensure compliance with federal regulations. Mentor boxes provide real-world insight and advice from experts in massage and business management for successful practice. More than 200 realistic photos and illustrations clarify concepts and familiarize you with typical practice settings and essential forms, records, office equipment, and supplies. Evolve Resources link you to templates for building resumes, letters, advertisements, forms for documentation, and client histories, plus small business resources, annotated web links, a glossary of key terms from the text, and additional exercises and case studies.

Now in vibrant full color, this fully updated and revised Fourth Edition of Scheumann's *The Balanced Body: A Guide to the Integrated Deep Tissue Therapy System*

reflects the latest research in the field and brings a beloved technique manual up to date with current standards for evidence-informed practice. This user-friendly resource helps students develop a clear understanding of a sequential, progressive bodywork approach for the entire body. The Fourth Edition retains the original book's innovative approach to the integration of a variety of massage therapy approaches and adds new material that brings Scheumann's work into a modern context. New sections on research, updates on recent pain and fascia science, updated coverage of pathologies, and new material on client endangerment work, along with an enhanced array of teaching and learning resources, make *The Balanced Body* an important resource for both new and seasoned massage therapists.

This book covers a broad spectrum of complementary and alternative medicine (CAM) practices employed in pediatric oncology worldwide, with a special focus on the methods widely used in Western countries. It is a scientifically based, practice-oriented handbook that will meet the needs of pediatric oncologists working in

medical practices and hospitals. An introductory section includes a comparative overview of current CAM use in pediatric oncology in different countries. Commonly used CAM methods are then discussed in a series of chapters that provide a theoretical description of the method in question, followed by more practically oriented information, including scientific data if applicable. Special attention is paid to the issue of how to integrate each method into conventional pediatric oncology. The closing parts of the book consider aspects of CAM requiring further development, such as institutional research, and provide a road map on establishing integrative pediatric oncology worldwide.

The book brings together a range of examination and assessment techniques which are otherwise only found in a variety of different places. It presents them in a way relevant to massage therapists. The book will be used by MT students to learn of the existence of these techniques and how and when to use them. More experienced MTs will use the book to enhance, update and extend their skills in what is a key area if appropriate therapy is to be given.

This Enhanced Edition includes an A+P CD-ROM. The text provides comprehensive information on the theory and practice of massage therapy, successfully fusing the anatomical sciences with hands-on techniques. It covers Swedish massage techniques, in addition to clinical massage, Asian bodywork techniques, spa techniques, seated massage, and adaptations for special populations - addressing history, equipment, hygiene and sanitation, technique, contraindications, communication and client management, alternative therapies, and business. An entire unit on anatomy and physiology reinforces a general understanding of anatomical science while focusing on practical information that is most important to the massage practitioner, such as specific benefits, contraindications, touch research, and adaptations of massage to each individual body system. Extensive pedagogy includes chapter objectives, famous quotations, chapter self-tests, mini-labs, notes from the author, FYI boxes, biographies, and other special boxes. Interactive skill building activities encourage readers not just to read but to think about, experience, and discuss topics, as well as write about their

goals and aspirations. Anatomy & Physiology unit includes over 100 pathologies with massage implications and a master index for cross-reference in an appendix at the back of the book. The Hydrotherapy chapter covers over 30 spa applications, essential for the large number of massage therapists who work in spa settings. Unique anatomy and physiology unit provides all information on the subject necessary for the National Certification Exam, eliminating the need for supplemental texts. Extensive discussions of cancer are provided, based on new research findings. A helpful table of massage movements and their variations features over 90 illustrative photos. Mini-lab skill building activities, designed so that left-brain and right-brain techniques reinforce each other and enhance the learning process by stimulating creativity and imagination. Biographical sketches feature biographies and candid interviews with many of the pioneers of massage therapy, both past and present. Self-tests at the end of each chapter assist in self-assessment and help students study for and take tests. Tables, charts, and checklists make the book more than an instructional text; it doubles as a

practical reference for practicing therapists. Insightful, thought-provoking quotations throughout the book inspire readers emotionally and spiritually. Colorful format, with illustrations, photos, and attractive full-color design makes the book more visually appealing. Anatomical drawings are enlarged and enhanced to show clear detail. A chapter on Asian bodywork assists Western-based learners in understanding Eastern philosophy and techniques - a key content element on the National Certification Exam. A chapter on spa technologies, currently a hot topic in massage, makes practitioners more marketable. A chapter on clinical application of massage features common injuries and pathologies, symptoms, causes, and suggested techniques for treatment. A business chapter includes new information on accounting, investing, and planning for retirement. The enhanced 2nd edition includes a bound-in CD-ROM that contains Primal Pictures 3-D Anatomy with Animations, The Body Spectrum Anatomy Coloring Book, and over 25 drag-and-drop labeling exercises.

Issues in Pediatric and Adolescent Medicine Research and Practice: 2011 Edi-

tion is a ScholarlyEditions™ eBook that delivers timely, authoritative, and comprehensive information about Pediatric and Adolescent Medicine Research and Practice. The editors have built Issues in Pediatric and Adolescent Medicine Research and Practice: 2011 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Pediatric and Adolescent Medicine Research and Practice in this eBook to be deeper than what you can access anywhere else, as well as consistently reliable, authoritative, informed, and relevant. The content of Issues in Pediatric and Adolescent Medicine Research and Practice: 2011 Edition has been produced by the world's leading scientists, engineers, analysts, research institutions, and companies. All of the content is from peer-reviewed sources, and all of it is written, assembled, and edited by the editors at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at <http://www.ScholarlyEditions.com/>. No one who works at a computer or drives a car will be surprised to learn that neck

pain is on the rise. About 70 million people in the United States have had neck pain, and the incidence is increasing. Like back pain, neck pain can become a constant plague that is both mysterious and difficult to treat. Here at last is help. In *What to Do for a Pain in the Neck*, one of today's leading experts on neck pain provides a broad range of treatments and preventive measures so that you do not have to learn how to live with pain—you can banish it. *Theory & Practice of Therapeutic Massage, Sixth Edition*, comprehensively provides the foundation of knowledge required to become a massage professional. It delves into several areas within the profession, with chapters devoted to spa massage, lymph massage, clinical massage techniques, therapeutic procedure, athletic massage, massage in medicine, and more. Providing a fresh new design, updated terminology and expanded content on topics such as research literacy and business administration, this new edition provides the essential knowledge and skills needed to become a successful massage therapist and will be a reference that users can count on throughout their careers. Important Notice: Media content referenced

within the product description or the product text may not be available in the ebook version.

The Third Edition of this widely used text provides manual therapists with much-needed guidance on taking client histories, setting functional goals, communicating with health care and legal professionals, documenting outcomes, and billing insurance companies. This edition includes crucial information on HIPAA regulations, new and updated blank forms, and lists of codes for self-referred patients and for insurance verification forms. Reader-friendly features include sidebars, case studies, chapter summaries, and useful appendices. A front-of-book CD-ROM includes the blank forms for use in practice, a quick-reference abbreviation list, and a quiz tool to review key concepts. Faculty ancillaries are available upon adoption.

In this update of the 2000 edition, Fritz, the owner and head instructor of a school of therapeutic massage and bodywork in Michigan, treats touch as a form of communication and expands coverage of ethical and legal issues, contra/indications for massage, and condition assessment and

management. The treatment of medical terminology, core principles, and techniques is enhanced by color illustrations, case studies, review questions, resources and other appended information. The first edition was published in 1995. Annotation : 2004 Book News, Inc., Portland, OR (booknews.com).

This is an educational resource that will help massage therapists, physical therapists, chiropractors medical doctors, psychologists and other health professionals who care for people with musculoskeletal pain.

The last century witnessed dramatic changes in the practice of health care, and coming decades promise advances that were not imaginable even in the relatively recent past. Science and technology continue to offer new insights into disease pathways and treatments, as well as mechanisms of protecting health and preventing disease. Genomics and proteomics are bringing personalized risk assessment, prevention, and treatment options within reach; health information technology is expediting the collection and analysis of large amounts of data that can lead to improved care; and many disciplines are con-

tributing to a broadening understanding of the complex interplay among biology, environment, behavior, and socioeconomic factors that shape health and wellness. On February 25 - 27, 2009, the Institute of Medicine (IOM) convened the Summit on Integrative Medicine and the Health of the Public in Washington, DC. The summit brought together more than 600 scientists, academic leaders, policy experts, health practitioners, advocates, and other participants from many disciplines to examine the practice of integrative medicine, its scientific basis, and its potential for improving health. This publication summarizes the background, presentations, and discussions that occurred during the summit.

Massage Therapy: Integrating Research and Practice presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations. In this resource readers will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. Authored by experts carefully selected for their specific knowledge, experience, and

research acumen, Massage Therapy: Integrating Research and Practice will assist both students and practitioners in these areas:

- Learning the benefits of evidence-based massage therapy practice
- Understanding various research methods
- Developing research skills by learning guidelines for writing case reports and journal articles
- Understanding how to integrate massage therapy research into education and clinical practice

This text presents a seamless integration of research and practice in four parts, providing readers first with a background to the field of massage therapy followed by discussion of research methods. Next is an evidence-based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinical section presents three patient populations (pediatric, athletic, and elderly); three pain-related types (headache, neck and shoulder pain, and low back pain); and six conditions that massage therapists may encounter: pregnancy and labor, scar treatment, cancer, fibromyalgia, anxiety and depression, and clients who have experienced sexual trauma. Recommendations and evi-

dence-based treatment guidelines are clearly defined for each condition. Case reports developed from real-life cases are included in this section, offering readers a real-world context for the clinical content presented. The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists. It provides readers with the fundamental tools for a research-based approach in clinical practice, especially as it relates to special populations. A running glossary, chapter summaries, and critical thinking questions assist students in learning the content and act as self-study tools for practitioners. *Massage Therapy: Integrating Research and Practice* offers both students and practitioners of massage therapy the most current evidence-based information, guidelines, and recommendations for the treatment of conditions often seen in massage therapy practice. This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention. Principally based on dissections of hundreds of un-embalmed human cadavers

over the past decade, *Functional Atlas of the Human Fascial System* presents a new vision of the human fascial system using anatomical and histological photographs along with microscopic analysis and biomechanical evaluation. Prof. Carla Stecco – orthopaedic surgeon and professor of anatomy and sport activities – brings together the research of a multi-specialist team of researchers and clinicians consisting of anatomists, biomechanical engineers, physiotherapists, osteopaths and plastic surgeons. In this Atlas Prof. Stecco presents for the first time a global view of fasciae and the actual connections that describe the myofascial kinetic chains. These descriptions help to explain how fascia plays a part in myofascial dysfunction and disease as well as how it may alter muscle function and disturb proprioceptive input. Prof. Stecco also highlights the continuity of the fascial planes, explaining the function of the fasciae and their connection between muscles, nerves and blood vessels. This understanding will help guide the practitioner in selecting the proper technique for a specific fascial problem with a view to enhancing manual therapy methods. *Functional Atlas of the Human Fascial*

System opens with the first chapter classifying connective tissue and explaining its composition in terms of percentages of fibres, cells and extracellular matrix. The second chapter goes on to describe the general characteristics of the superficial fascia from a macroscopic and microscopic point of view; while the third analyzes the deep fascia in the same manner. The subsequent five chapters describe the fasciae from a topographical perspective. In this part of the Atlas, common anatomical terminology is used throughout to refer to the various fasciae but it also stresses the continuity of fasciae between the different bodily regions. Over 300 unique photographs which show fascia on fresh (not embalmed) cadavers Demonstrates the composition, form and function of the fascial system Highlights the role of the deep fascia for proprioception and peripheral motor coordination Companion website – www.atlasfascial.com – with videos showing how fascia connects with ligaments Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how

to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.