



Orthopedic Massage: Theory and Technique, 2e

By Whitney W. Lowe LMT

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Fully updated and revised Orthopedic Massage has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions. Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In addition, it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries.

- Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice.
- Provides a comprehensive approach to treatment of common soft tissue pain and injury.
- Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy.
- Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition.
- Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application.
- Compares traditional treatments with soft tissue manipulation for each problem discussed.
- Clearly links anatomy, physiology, and biomechanics with clinical practice.
- Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques.
- New clinical case studies and tips illustrate the techniques discussed.
- Now presented in full colour.
- New step-by-step photographs depict the techniques described in full detail.
- Increased artwork and photographs make learning more visual.

- Case studies demonstrate techniques and management in clinical practice Clinical hints and tips throughout.
- Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol Considerations'.

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Editorial Review

Review

"Lowe is an excellent practitioner/writer with sound credentials. I can heartily recommend his approach to therapeutic massage which is scientific and orthopedically grounded."

? Leon Chaitow, osteopathic practitioner, author and teacher

"What makes Whitney's work stand out is his ability to communicate the complete picture. He emphasizes the effects of the treatment in order to understand why the therapist should use it appropriately. This style and purpose is unique. This book is an absolute must!!!"

? Nancy Dail, Director/Owner of Downeast School of Massage, author and teacher, Maine USA

"Mr. Lowe's unquestioned integrity and public profile will only add to the success of this project. The author is a recognized authority on orthopedic testing."

? Robert K. King, Head of the Chicago School of Massage Therapy, Chicago, USA

About the Author

Whitney Lowe has been a massage practitioner for over 15 years and is well known as one of the most dynamic educators in the massage therapy field. He is owner and director of the Orthopedic Massage Education and Research Institute, where he produces and designs training materials in orthopedic massage. He lectures and teaches seminar programs across the USA and internationally on orthopedic massage. He is the author of the book, Functional Assessment in Massage Therapy, a text of orthopedic assessment, and also publishes his own bi-monthly research newsletter, the Orthopedic and Sports Massage Reviews. Whitney Lowe is currently a member of the editorial advisory board of the Journal of Bodywork & Movement Therapies and writes a regular feature column on orthopedic assessment for the Journal of Soft Tissue Manipulation.

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Mary Cox:

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