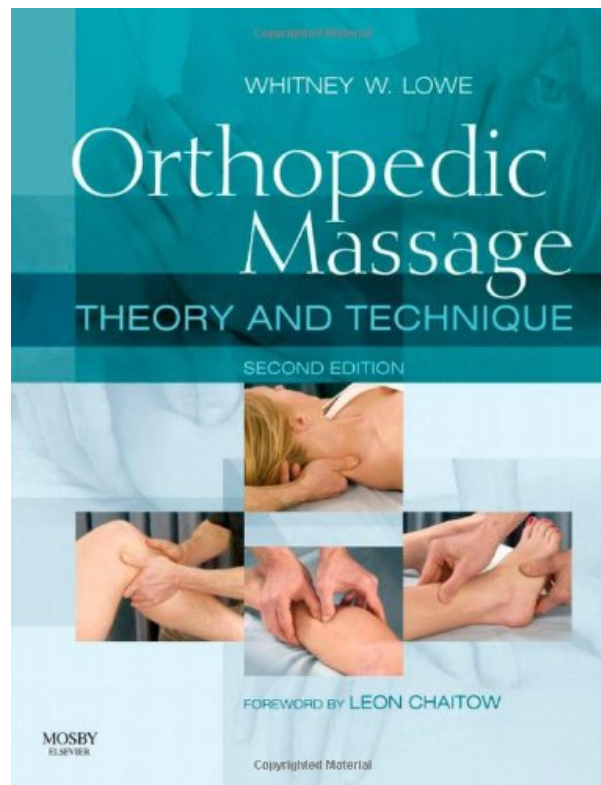
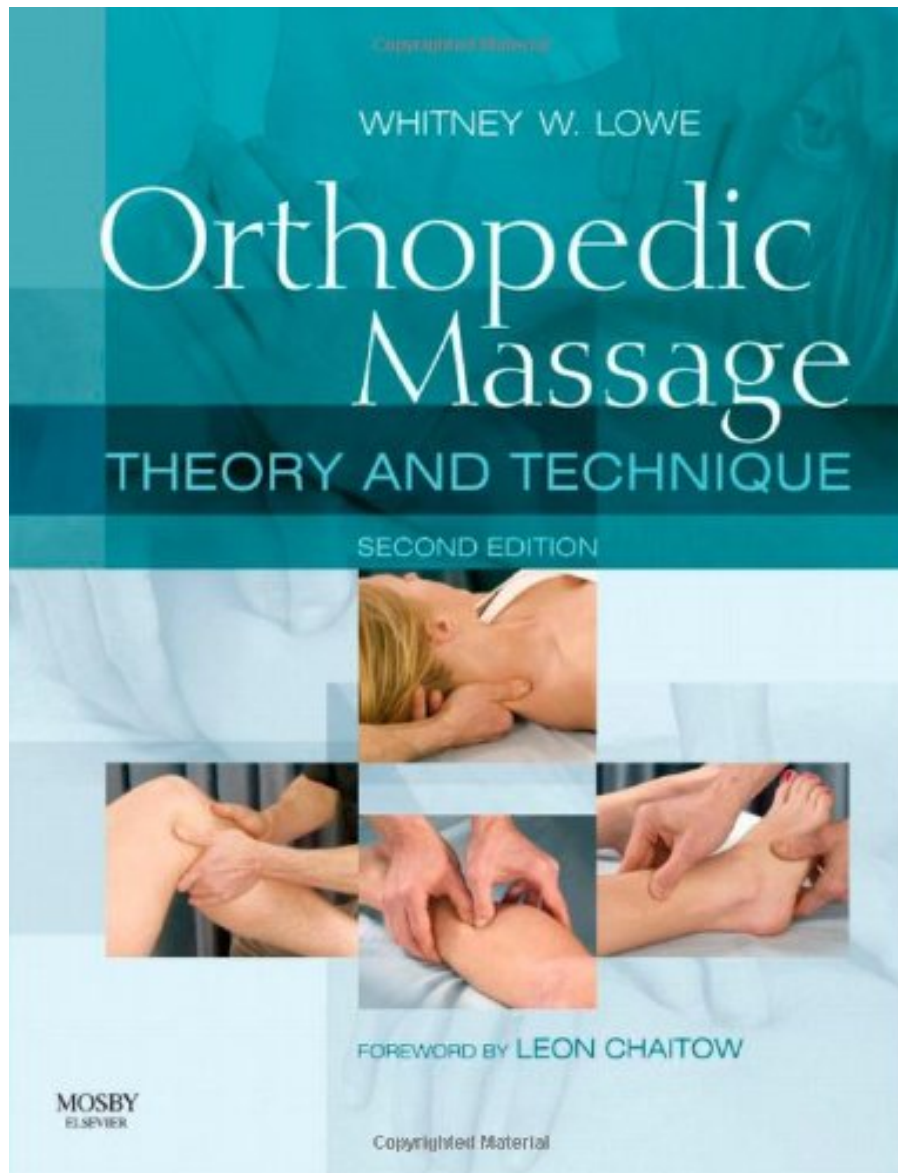


ORTHOPEDIC MASSAGE: THEORY AND TECHNIQUE, 2E BY WHITNEY W. LOWE LMT



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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!!!"

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"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."

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About the Author

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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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- Published on: 2009-04-20
- Original language: English
- Number of items: 1
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- Binding: Paperback
- 320 pages

Features

- Mosby Elsevier Health Science

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Most helpful customer reviews

5 of 5 people found the following review helpful.

In some ways this is a really great reference tool for a working massage therapist

By Emily Gunter

In some ways this is a really great reference tool for a working massage therapist, but it falls short in a few areas. The techniques he shows are almost all really hard on the thumbs, and although there are certainly ways to alter the tools you use, it seems silly to suggest that the therapist should use a tiny, easily injured tool (your thumb) on a large, thick muscle such as the quads or the erectors. The author's treatment approach also seems to be so conservative as to be timid, suggesting that you should never work on the psoas muscle, for instance, or that you should avoid the anterior neck. So if you want treatment ideas for these areas you will be soooo disappointed. Otherwise it is a good basic rundown of some of the main injuries that clients complain of, and general treatment considerations. It's nice that he includes typical allopathic treatments so that you have a better idea of what the doctor may be prescribing for your client. I think a more useful book overall is his Orthopedic Assessment in Massage Therapy.

1 of 1 people found the following review helpful.

I am still trying to figure out why this wasn't ...

By Rebeccawing

I am still trying to figure out why this wasn't an assigned text at the massage school I just graduated from in 2015. After six months in practice, it was clear to me that there were several holes in my training as an LMT (in a state that requires a 1000 hour program!). So many clients turn to massage to help cope with their chronic and acute pain, and this book bridges the gaps between kinesiology, pathology, and massage technique. I was shocked how short the book was, but after finishing it, I feel so much more confident in my ability to truly help people with soft tissue issues. I plan on furthering my education with Lowe's orthopedic massage program because of how impressed I was with this text.

0 of 0 people found the following review helpful.

its very nice book and amazing all information I needed is there ...

By Librado D. Repuya

Oh! its very nice book and amazing all information I needed is there except that one I encountered during my massage session. His foot was extended and no power cannot flex up or dorsal flex. His foot was hanging when stepping up during walking and dragging touching the ground. I would want to ask the author Mr. Whitney Lowe about this problem since this is not included in his book under the foot & ankle pathologist section of the book... Librado

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