



Massage Therapy - E-Book: Principles and Practice (Massage Therapy Principles and Practice)

By Susan G. Salvo



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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.
- **New business chapter** 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.

- **NEW! Revised line drawing color scheme for origin and insertion** matches the painted skeleton found in most classrooms, maintains consistency, and prevents confusion in learning origin and insertion points on the body.
- **NEW! Coverage of Thai massage** provides up-to-date content on the most useful, in-demand modalities that are most often requested by clients - and better prepares you for what you will encounter during training and practice.
- **NEW! Updated text reflects changes to the new board certification exam** so you have the most up-to-date, relevant information - and are fully prepared to pass the current exams.
- **NEW! Brand new Think About It, Webquest, and Discussion features** in each chapter's Test Your Knowledge section build your vocabulary usage and critical thinking skills necessary for day-to-day work with clients.
- **EXPANDED! More content on pain theories, the neuromatrix model, and pain management**, plus updated guidelines for massage after surgery and injury, equips you with essential information when working in rehab.
- **NEW! Updated instructor resources**, featuring more TEACH lesson plan classroom activities and an additional 500 test questions, provide instructors with more ways to interact with and test students.

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Editorial Review

From the Author

INTRODUCTION TO THE FIFTH EDITION: This textbook is divided into two units and thirty chapters. Unit one is devoted to foundational concepts such as history, body mechanics, massage techniques, complementary methods, and business. Unit two discusses anatomy, physiology, and pathology with significant coverage of kinesiology. These chapters reflect essential subjects as identified by the Massage Therapy Body of Knowledge (MTBOK).

Massage instructors like the book's straightforward organization, engaging writing style, and visual appeal. Instructors instantly recognize the quality of information and appreciate the peer-reviewed materials by subject matter experts and medical professions. Research references within each chapter support the validity and efficacy of massage while frequent mention of online resources provides gateways to instructional technologies. Robust assessments in "Test Your Knowledge" help instructors move students up the learning ladder from terminology identification (Matching), application of knowledge (Think about it), synthesizing information (Discussion), and locating/evaluating sources of information and educational materials (Webquests). These assessments can be used online or in physical classrooms. Additional resources such as question banks, answer keys, downloadable forms, image collections, lesson plans, and PowerPoint presentations are available for instructors. **NOTE:** It is vital that instructors review each chapter before teaching it as much of the information previously taught in massage school has changed.

Massage school graduates and practicing therapists can use this book to keep their knowledge base current, prepare for licensing and board certification exams, and as an invaluable resource.

DISTINCTIVE FEATURES:

Spotlight on research -- Numerous summaries of published studies emphasis research and research findings.

Terms and their meanings -- These tables help students learn word origins used in anatomy and physiology. This knowledge improves comprehension as well as test scores.

Biographies -- Biographical profiles and candid interviews provide a real-world perspective from the most respected authorities and pioneers in massage and bodywork.

Chat -- This feature gives students an inside look at the profession, provide additional resources, personal vignettes, and tips for remembering test material. Students LOVE this feature.

Thought-provoking quotes -- Quotes are found at the beginning and within each chapter. These provide rich discussion forums, inspiration, and emphasize the affective or emotional domain of learning.

Activities and assessments -- Robust activities and assessments such as Matching questions, case studies, discussion questions, and inquiry-based Webquests promote critical thinking, encourage dialogue, foster open-mindedness, and promote cultural awareness.

Online resources -- Free online resources include educational activities, flash cards, drag-and-drop exercises, student tips, photo galleries, videos, audio glossaries, downloadable forms, weblinks to other resources, and

practice tests. Video demonstrate massage techniques, routines, procedures, and client intake interviews. These and other resources are available at [evolve.elsevier.com/cs/product/9780323239721?role=student]

NEW FOR FIFTH EDITION:

Kinesiology-- This edition features action-oriented illustrations of body movements and painted skeletons with origins in red and insertions in blue to coincide with anatomical models. These new images help students accurately identify, locate, and palpate muscles.

Clinical massage -- This chapter contains expanded information on pain theories, neuromatrix model, pain management, and current guidelines for massage after surgery and injury. This information is essential when working in rehab or sports clinics, in physician-referred practices, or multidisciplinary clinics.

Thai massage -- Thai massage has been added to chapter 16. Thai massage is currently widely popular and students should consider offering this modality to their future clients.

Special populations and Pregnancy -- This chapter is completely revised and focuses on pregnancy, children and adolescents, the elderly, and hospice patients. Clients with disabilities and impairments are also discussed.

Research -- In recent years, research and evidence-based practice is a central focus of massage education. Because of this, two chapters are devoted to research and how to apply research findings into massage practice.

Hydrotherapy -- Over one third of all massage therapists are now work in spas, massage franchises, or rehab clinics. We responded to this trend by expanding sections on clinical applications of heat and cold, safe use of hydrotherapy, and specialized methods such as hot stones and shirodhara.

Business -- Blogging, digital marketing, and ethical use of social media have been added to help students navigate today's job landscape. We also added discussion of websites, online scheduling, and social networking.

Self-care -- Massage is a physically demanding profession. The self-care chapter has been expanded to include recommendations for physical exercise and nutrition and features the USDA "My Plate" which replaces the food pyramid.

Infection control -- Reducing disease transmission is a primary focus in massage education. Chapter 9 contains the most current information on standard precautions, contraindications, and recommendations for emergency procedures such as heart attack, strokes, choking, and seizures. This will prepare students to act quickly and decisively during medical emergencies.

GETTING THE MOST FROM THIS TEXTBOOK: To get the most from this book, glance at the table of contents and glossary. This will give you an idea about how this book is organized and a sense of the vocabulary you need to master while in school. Before reading a chapter, preview it. Read headings, subheadings, and bolded terms. Glance at figures, figure legends, charts, and tables. This will show you the chapter's main ideas. Look at the assessment sections at the end of each chapter. This will help you identify key concepts as you are reading.

As you are reading, give your full attention and avoid distractions such as extraneous noises or unnecessary

technologies. Comprehension depends on how well you focus, extract, and retain information. Try reading aloud; reciting information helps retain it.

One last thing... don't be afraid to write in your book. Underline sentences or highlight in color important words. Jot down your personal reactions in page margins while you read it or as you are listening to lectures. During the final days of class, ask your classmates & teachers to sign the inside front cover or first few pages. This way, your textbook can double as your class yearbook. Let this book be your friend during your educational journey and beyond. It is a valuable resource and will hold its value during your post-graduate practice.

From the Inside Flap

Most early classics and most knowledge, before printing, were passed down from person to person through conversation, discussions, and live performances. Homer wrote the Odyssey, but research has shown the story was sung and recited by traveling singers and orators for hundreds of years before it was written down.

So it is with this book you have in your hands. It is a written encounter with the hundreds of years of knowledge and people who have "sung the song," enthralled with touch and the healing it provides since the beginning of humanity.

Author Susan Salvo heard the stories and experienced the traditions of massage' theory and practice from many teachers. Being the devoted student she is, she thoroughly dialogued with them. Then she, through active collaboration with hundreds of other teachers, wrote down all she had heard, organizing this knowledge and passion for touch for the first time in the history of massage. With this fifth edition, Susan presents us with the greatest orchestration ever of massage therapy's principles and practice.

So imagine that you not just reading a book, but more deeply you are encountering a vast number of people who, just like you, were and are fascinated by the world of touch and its effects. Through Susan, they are speaking to you! And you, in reading, are meeting their thoughts and feelings with your own. You, as a young therapist, are about to sing your own songs and tell your own tales that will take this incredible profession into the future!

Massage Therapy Principles and Practice has been the standard bearer for the massage profession and education since its original publication in the 1990s. It was perhaps the first book in the massage and bodywork not merely to reflect material the author had collated for his or her school's curriculum.

This loyalty to the whole truth and the best way to represent it through words, charts, photos, drawings, and on-line resources has been a great distinction of Susan Salvo's work. On every page, you can feel the excitement and the sense of discovery that pervades the best learning and education to date.

Massage Therapy Principles and Practice is a book that itself is an incredible Memory Palace. A "memory palace" was a practice used by ancient cultures to create a kind of palace in the mind wherein important things they wanted to remember could "reside" and be more easily recalled. Within the memory palace of this book, there are treasures and precious learnings from the entire history of hands-on practice, anatomical and physiological knowledge, the psychology of touch, and the various categories of technique from all around the world and from all time. Each is in their place, each a chapter in the grand story of the principles and practice of massage therapy.

This latest edition brings us right up to the present day. It includes a new and balanced discussion of the virtues and challenges of evidence-based approach to research and practice. It covers, encourages, and equips us to do the research that will help us confirm with fact-based confidence the health benefits of massage therapy. It has hundreds of astonishing illustrations so you learn not just through ideas in words, but directly

experiencing this knowledge through vision. It takes the history chapter right up to the present. There is a thorough discussion of pain - appropriately since more and more therapists are being met with clients' expectations for relief from specific pains, not only for relaxation. There is a much expanded appreciation of the nervous system as we have learned over the last decade that the mind and nervous system are affected by massage as much or even more than muscles. The business section has been updated to reflect the utilization of social media and on-line resources to support your success.

Susan's periodic use of profound and poetic quotes and portraits of real people whose fascinating work informs and enlivens the massage field to this day, helps the book remain not only a primary source for information, but also for inspiration. Massage is not just rooted in science, but also in the art of touching with inspiration and compassion. It is rooted in real people helping real people.

When it comes to practical issues of passing licensing exams or passing additional massage exams in the future, the astounding breadth and depth of this book make it an unparalleled resource. While there are various shorter preparatory courses and books for exams, there is no substitute for the fullness and comprehensive approach you find here. This memory palace, every time you walk through, will reveal treasures to you that you didn't even see the first or second times through. Even if you have older editions I recommend you invest in this new one - both old and new treasures are here in abundance.

It is rare to say a book contains everything you need to know - like a whole world. But some books are classics which indeed contain everything, a whole world of knowledge. This book which you hold in your hands is such a work - it is with great pleasure and anticipation that I issue this "foreword" to this world. Thank you to Susan Salvo and her many comrades for the writing, composition, and publication of this the fifth and best edition of Massage Therapy Principles and Practice.

This stunning portrait of a profession and a body of knowledge doesn't just reflect one person's vision of our field. Uncannily it seems to reflect and clarify everyone's vision. And through its astonishing clarity it gives us a much clearer idea of what we do, how valuable it is, and how beautiful a thing is this profession that uses the most sophisticated tool in the known universe, the human hand, guided by the human mind and heart, to foster the highest level of health and care.

Most important, it is an invitation for you to meet all these wonderful people and ideas, to hear what they have said, learn what they have learned, so you can tell your own story, sing your own songs, and make the world new through the work of your hands.

David Lauterstein
The Lauterstein-Conway Massage School
Austin, TX

From the Back Cover

ACKNOWLEDGEMENTS: I have gathered together a wonderful group of contributors. They are my "dream team" and I could not have done it without them. Big warm THANK YOU to Judith Delany, Richard Gold, Allissa Haines, Megan Lavery, Til Luchau, Katherine Mayerovitch, Alice Sanvito, Joellen Sefton, Ralph Stephens, and Micheal Tarver. Thank you to the contributors of previous editions which include Sandy Grover Mason, Laura Allen, Sandra Anderson, Celia Bucci, Rita LeBleu, Monica Reno, Hayley Salvo, and Kenneth Zysk. Their work has provided the foundation for this edition. Special thanks to Chris and Suzanne Salvo for their wonderful photography for this and previous editions. Special thanks to Joseph Muscolino for use of his illustrations for the kinesiology chapter and to Elan Schacter for his help with the wonderful student resources on Evolve. Hugs to all of you!

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The editorial team can make or break a project. I was blessed with a great group of individuals such as Shelly Stringer, Becky Leenhouts, Laurel Berkel, Liz Fifer, Marquita Parker, Julie Eddy, and Amy Buxton.

I also want to thank my Facebook friends, massage students, massage instructors, massage clients, university professors, and massage therapists who have attend my presentations at state conferences. I have relied heavily on you for vetting information and for continual inspiration.

Users Review

From reader reviews:

Josephine Lowe:

The book Massage Therapy - E-Book: Principles and Practice (Massage Therapy Principles and Practice) can give more knowledge and also the precise product information about everything you want. So just why must we leave a good thing like a book Massage Therapy - E-Book: Principles and Practice (Massage Therapy Principles and Practice)? A few of you have a different opinion about guide. But one aim in which book can give many data for us. It is absolutely correct. Right now, try to closer with the book. Knowledge or data that you take for that, you are able to give for each other; you are able to share all of these. Book Massage Therapy - E-Book: Principles and Practice (Massage Therapy Principles and Practice) has simple shape but the truth is know: it has great and large function for you. You can search the enormous world by wide open and read a book. So it is very wonderful.

William Threatt:

What do you in relation to book? It is not important with you? Or just adding material when you need something to explain what the one you have problem? How about your time? Or are you busy particular person? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? Every person has many questions above. They need to answer that question due to the fact just their can do in which. It said that about e-book. Book is familiar in each person. Yes, it is suitable. Because start from on guardería until university need this Massage Therapy - E-Book: Principles and Practice (Massage Therapy Principles and Practice) to read.

Clarine Davidson:

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Carol Wells:

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