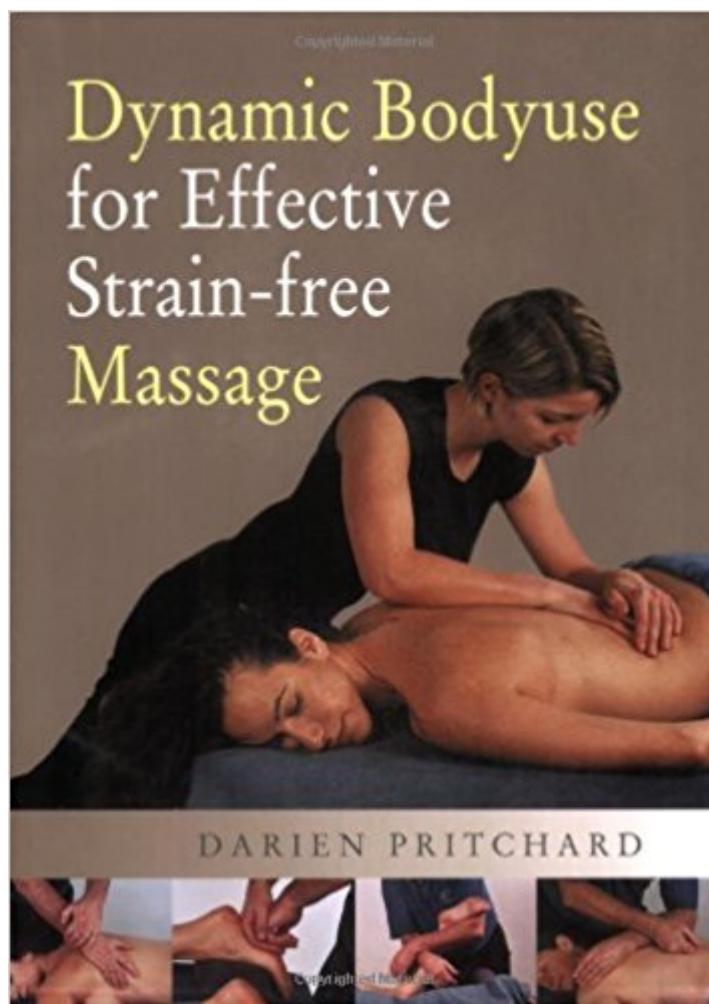


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# Dynamic Bodyuse For Effective, Strain-Free Massage



## Synopsis

The most significant cause of early retirement from the massage profession is the cumulative strain on the body developed in the course of performing the work. The explosive growth of this occupation in recent years has been accompanied by an increase in the number of work-induced problems. Practitioners can easily strain their hands, particularly their thumbs, fingers, and wrists, as well as their shoulders and backs. Written by noted teacher and trainer Darien Pritchard, this useful book explains those aspects of massage that can lead to these problems and shows how to apply pressure in ways that avoid them. The focus is on how to use the body safely and effectively. The author explores the benefits of involving the whole body to generate the power and movement that support the hands, saving the hands by using them skillfully, and conserving them by using other body areas such as the forearms and elbow whenever possible. Featuring 2,000 illustrations, *Dynamic Bodyuse for Effective, Strain-Free Massage* is essential reading for anyone involved in massage, whether a student, a professional massage practitioner or teacher, sports massage therapist, or aromatherapist.

## Book Information

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## Customer Reviews

“It is vitally important that massage therapists use their bodies correctly if they are to work efficiently, strongly, and safely. Darien has gone into great detail and covers this subject clearly and comprehensively. With the guidance given here, massage therapists can enjoy long and healthy careers, and achieve better results, too.” •Mel Cash, B.A., M.I.S.R.M., founder of the

London School of Sports Massage and the Institute of Sport & Remedial Massage, author of Sport & Remedial Massage Therapy and Pocket Atlas of the Moving Body (Ebury Press)

Darien Pritchard, co-director of the Massage Training Institute and executive board member of the General Council for Massage Therapy in the UK, has been training massage professionals for 25 years. The co-author of Anatomy, Physiology, and Pathology for the Massage Therapist, he lives in Cardiff, UK.

Great book on body Mechanics. We all need a reminder when our bodies say ow or just that achy, not quite right.... we are probably able to adjust something for optimal use of our bodies to reduce injury. This book should have the correction needed, It's pretty concise. Ever Massage therapist should be taught proper mechanics. Not all were. I was & sometimes I get slack & for get.

HUGE book! So many pictures and descriptions. This book will be well used. I saw on a facebook group that I belong to for massage therapists that one of the therapists had purchased this book. Quite a few other therapists were also buying it or looking into buying a copy. Saw it online and grabbed one. Awesome reference book!

I was shocked when I seen the size of this book when it came! worth it all the way. If you are looking to experiment with the use of your body in your practice to save your hands, this is the book with more pointers than you could imagine! lots of pictures and explanations!

I highly recommend this book. If you have ever suffered from pain or injury from doing massage you need this book. It actually should be part of every massage school curriculum. It has given me so many tips and reminders of what I did learn in massage school and what I should be doing in the treatment room every time I give a massage!

Excellent book, it has so many pictures of what to do and not do. It's nice refresher course on strain free massage.

Used but you wouldn't know it! Helping me with my body mechanics after only reading the first chapter! Highly recommend this for all massage therapists!

Love this book.. you like doing massage therapy and want to continue doing this for years to come well you need this book.. will help you out greatly.

Very good

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