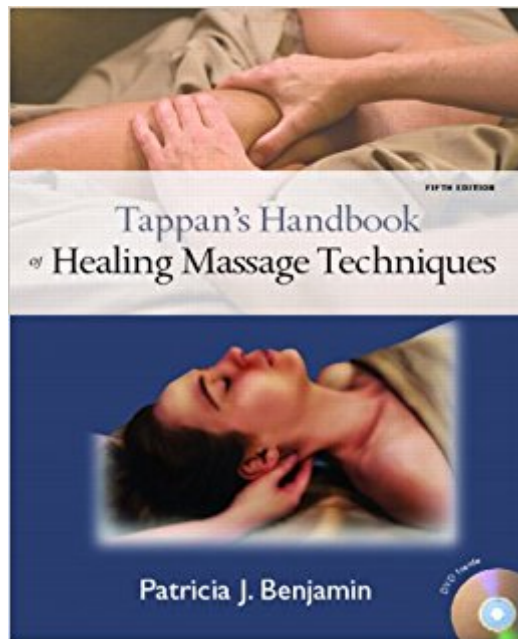




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# Tappan's Handbook Of Healing Massage Techniques (5th Edition)



## Synopsis

This pioneering book in massage therapy provides basic information on the art and science of effective healing massage techniques in quick-learn, easy-to-understand terms. Whether you're a licensed massage therapy practitioner, health related professional, or just interested in basic massage therapy techniques, this is the book for you! The authors carefully examine the foundations of healing massage, western massage techniques, contemporary massage including myofascial techniques, trigger points, lymphatic drainage massage, foot reflexology, Asian bodywork therapy and applications of massage. New to the fifth edition are Practice Sequences that are step-by-step suggested example applications of the techniques described in the book. Each Practice Sequence is demonstrated in full, vibrant detail on the DVD that accompanies this text. So that readers can track their progress, the DVD, as well as Appendix D, provides Performance Evaluation Forms for every Practice Sequence.

## Book Information

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## Customer Reviews

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bodywork therapy and applications of massage. New to the fifth edition are Practice Sequences that are step-by-step suggested example applications of the techniques described in the book. Each Practice Sequence is demonstrated in full, vibrant detail on the DVD that accompanies this text. So that readers can track their progress, the DVD, as well as Appendix D, provides Performance Evaluation Forms for every Practice Sequence.

Patricia J. Benjamin, PhD, NCTMB, is a licensed massage therapist, educator, author, and appreciative massage and bodywork client. She has a deep respect for massage therapy as an art, science, and wellness practice. She has studied its traditions and watches for trends in the massage therapy profession today. Building on her earlier background in sports and fitness, Dr. Benjamin graduated from the Chicago School of Massage Therapy in the mid-1980s. She was drawn to massage as an active, hands-on therapy whose foundations dovetail with her former career in health, physical education, and recreation. After having a full-time massage therapy practice, she gravitated back to education, first as an association education director, and then as a teacher and massage school administrator. Over the years, she has served on various committees involved in the development of ethical standards and national certification for massage therapists, and the accreditation of massage programs. Dr. Benjamin has taught at the high school and college levels, and enjoys developing curriculum materials for the career-oriented courses offered in vocational programs. She holds master's and advanced study degrees in education with a specialty in curriculum development from Northern Illinois University. A doctorate in recreation and leisure studies from Purdue University has deepened her appreciation of the many facets of wellness and grounded her in a variety of research methods. Frances M. Tappan approached Patricia Benjamin to join her as coauthor of *Healing Massage Techniques* for its 3rd edition (1998). Since Dr. Tappan's passing in 1999, Dr. Benjamin has continued to update and improve Tappan's *Handbook of Healing Massage Techniques*, and it remains a standard in the field today. Dr. Benjamin authored *Professional Foundations for Massage Therapists*

The book has basic coverage of various massage techniques and modalities. It is good to have for the school study or for the test prep. you can effectively but fast to review massage techniques. If you working on something more specific than general massage, you would need a more specific book. I am glad I had it for school, but I don't think there is any reason to keep it on the shelf any more.

I did not find the information useful in learning manual therapies. It was very basic information that can be easily found on quick google searches. The only compliment I have regarding the purchase is that the videos are replicas of the chapters, so if you watch the videos, there is no need to read the chapters.

my daughters school book bought it from .

Its a good plain read. The pics are great tools to check hand placement and client position. The questions at the end of the chapters help to study for learning experiences (tests). However, I gave it four stars because the dvd was missing which was upsetting because I would like to have watched it.

The book has instructions that require the use of the DVD but this book unknowingly did not come with it. I really wish I knew that before hand. Also it is full of writing which again I was uninformed of.

At our College we have found this book to be a valuable tool for students as it is clear and precise and easy to comprehend.

Good book

I needed it for school. It comes with a cd that is also helpful. It gives it is easy to follow and seems well put together. Has a lot of demonstration pictures once you hit ch. 6 or so. Helpful.

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