



Mosby's Basic Science for Soft Tissue and Movement Therapies, 1e

Sandy Fritz BS MS NCTMB, Kathleen Maison Paholsky MS PhD, James Grosenbach EdD

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The first book of its kind, this basic science text is written specifically for massage and bodywork students and eliminates the need for multiple resources. It contains an overview of the body as a whole, mechanisms of health and disease, medical terminology, nervous system basics, an extensive unit on bones, joints, muscles, biomechanics and much more all in one source! This text combines Western science with an overview and correlation to Eastern methods, including acupuncture, accupressure, shiatsu, chakra systems and ayurveda. Sections on pathology with suggestions for intervention protocols and indications and contraindications for soft tissue and movement approaches are also included.

* The first basic science book to focus specifically on soft tissue and movement therapy students. * Included in each chapter are key terms with definitions, chapter outlines, chapter objectives, and a workbook section at the end with an answer key. * Covers all basic science content needed to use structured touch or soft tissue and movement therapy as a main modality. * Incorporation of Western science and Eastern methods results in a comprehensive text. * Combines the features of a workbook with a textbook by emphasizing critical thinking through activities, short essays, fill in the blanks, and much more. * Provides practical applications for professional practice to enable the student to see how the material applies to the real world. * Includes sections on pathology with suggestions for intervention protocols and indications and contraindications for soft tissue and movement approaches. * Contains 661 high quality illustrations and photos, 77 of them in full color, to provide a visual guide to the material presented. * Written by a well-known, trusted author, as well as two co-authors.

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