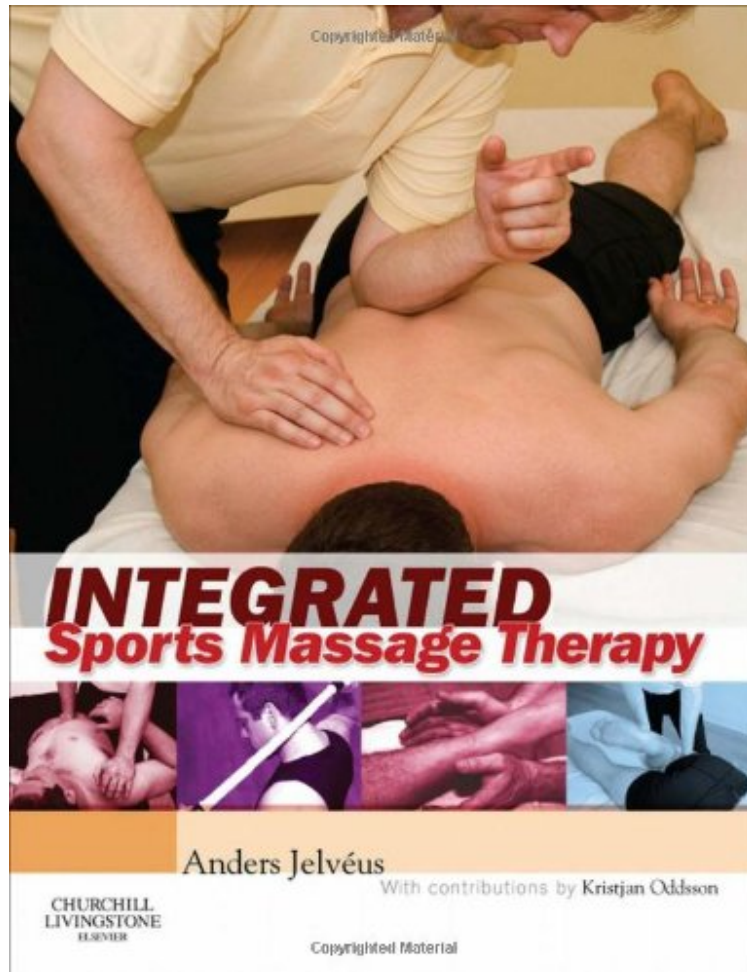


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# Integrated Sports Massage Therapy: A Comprehensive Handbook, 1e

*Anders Jelvéus;us DN leg. Naprapat MTOM LAc CMT  
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Integrated Sports Massage Therapy is a highly illustrated evidence-based handbook which presents a wide range of effective sports massage techniques to cover any sports-related situation. Anders Jelvéus explains and applies effective techniques from a variety of disciplines of manual therapy, ranging from commonly used sports massage strokes to more advanced concepts for real-life effective sports massage treatments. The presented techniques serve as a great

addition for any therapist seeking to work with athletes, and are suitable for pre-event, post-event, inter-event, and in remedial sports massage therapy. This unique book offers a comprehensive presentation of sports massage therapy including: Sports massage history Basic sports massage strokes and work postures Sports massage applications Event-based sports massage treatment guidelines Sports-specific massage treatment recommendations Therapeutic muscle stretching techniques Therapeutic muscle stretching applied to specific muscle groups Positional Release Techniques (PRT) Acupressure and Tui Na techniques with applications Myofascial release techniques Connective tissue massage Lymphatic drainage massage Myofascial Trigger Point etiology and treatment techniques Sports injuries Athletic taping Remedial Sports massage applications Athletic self massage techniques. The book is suitable for all manual therapy students and practitioners, whether novice or advanced, including massage therapists, physical therapists, osteopaths, chiropractors, naturopaths, naturopaths and acupuncturists.