



# Fundamentos del masaje terapeutico (Spanish Edition)

*Sandy Fritz BS MS NCTMB*

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## **Fundamentos del masaje terapeutico (Spanish Edition) Sandy Fritz BS MS NCTMB**

Nueva edición del manual de masaje más completo y utilizado en todo el mundo que presenta toda la información teórica y práctica necesaria del masaje, enfatizando las técnicas y habilidades más adecuadas para el tratamiento de cada dolencia, así como las consideraciones particulares que rodean la realización del masaje propiamente. Ofrece una formación integral que revisa la anatomía y fisiología; enseña a llevar a cabo las distintas manipulación del masaje y técnicas del tratamiento corporal; ayuda a desarrollar el sentido del tacto, dada la importancia de la palpación para saber interpretar la situación del paciente y poder realizar las maniobras pertinentes, y a comprender la importancia de la salubridad, higiene, mecánica corporal, prácticas de la profesión y normas deontológicas, equipación, inversión necesaria, tratamiento de grupos especiales de población, y a aplicar todos estos conocimientos a una toma de decisiones eficaz para forjarse una carrera equilibrada como masajista profesional. Se hace eco de la importancia del masaje y de las terapias físicas en general en la mayoría de tratamientos actuales en procesos traumatológicos, reumatológicos y para toda la rehabilitación del sistema musculoesquelético. Esta edición incorpora 20 casos de estudio, más de 500 ilustraciones que ejemplifican las técnicas, procedimientos y conceptos más importantes y nuevos contenidos en las áreas de conocimiento muscular, palpación y valoración, masaje deportivo, aplicaciones de spa, drenaje linfático y masaje médico.

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