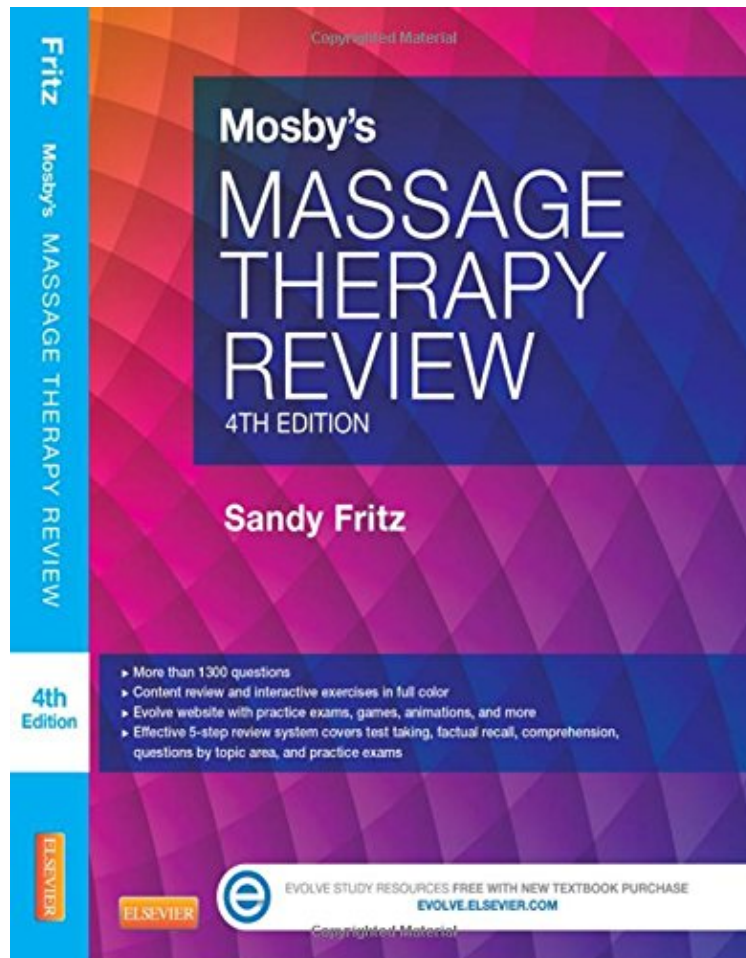


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## Mosby's Massage Therapy Review, 4e

*Sandy Fritz, BS MS NCTMB*

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**Sandy Fritz BS MS NCTMB : Mosby's Massage Therapy Review, 4e** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mosby's Massage Therapy Review, 4e:

2 of 2 people found the following review helpful. Excellent Study Guide By Mrs This book arrived quickly and in great condition. This is an outstanding study tool. It has a number of chapters at the beginning to teach you different study tips and to teach you about the types of questions to look for and how to study for those types of questions. It has a lot of great information, more than I learned in the massage program I attended. It has great information on body mechanics and the different strokes and anatomy, etc. It also has a large section on review questions by content area. This part first gives a brief overview of the kind of content and then has a number of practice questions. Then the last part of the book has 5 different practice exams. If the code has not been scratched and used from a previous owner of the book there are a number of resources online they have as well. If the code has been scratched as of now (April 2015) you can access the same resources at a cost of \$25. I have not utilized the online resources yet, but the state exam was super easy after studying this book (and I didn't even get to all of the practice exams and didn't get to all of the

review questions (just about half of that section). I am definitely going to continue to study from this for the national exam. It is an outstanding resource!

0 of 0 people found the following review helpful. Excellent preparatory text that needs editing

By Howard Nemerov I'm a bodywork professional with 25 years clinical experience and 10 years of teaching experience. I moved from California, where there's no licensing. In order to obtain my continuing educator's license, I started by taking the Texas licensing exam by MBLEx. Maybe I had the requisite knowledge to pass the exam, but maybe not. I bought a copy of Mosby's Massage Therapy Review and am really glad I did. Even if I might have passed without review, this book helped me get back in touch with what it's like to be a massage therapist. While I don't do massage anymore, it'll help me better understand where my students are coming from when they take my training, so it will make me a better instructor. Also, I enjoyed reviewing all the subject matter as it was presented in this book. The quizzes are very helpful as a way to see which subjects one may need to spend more time on prior to testing. Missing an answer to a question probably helped me remember the material better than the questions I got right. This book prepares you for either the MBLEx or NCE, and even offers you sample tests in those formats. Only one warning: some of the quiz answers are incorrect. In one case, the answers were correct only after you realized their answer 3 went with question 4, and so on. One time, two quiz answers were switched. As long as you pay attention for these anomalies and trust your knowledge, you'll deal with these issues just fine.

1 of 1 people found the following review helpful. MBLEx Helper!

By Bertrand. This is great for studying the MBLEx. Great review. Everything all in one place. The pages don't bleed from highlighting either. Pencil is kind of hard to read in it, but pen is fine.

No other massage review book offers such complete exam preparation! Written by massage therapy expert Sandy Fritz, this preparation tool offers more review content and questions than any other massage certification review. It gives you the practice and study tools you need for the NCE and MPEEx certification exams, state exams, and even mid-term or final exams. With complete coverage of the information you need to know to study more effectively and take tests more successfully, it helps you memorize terms, definitions, and key facts, all with an emphasis on critical thinking skills a key part of any licensure or certification exam. Full color format with 347 illustrations (showing various massage techniques as well as anatomy physiology) presents information in a more visual, engaging way and helps you retain information better than reviewing text alone. Over 1300 practice questions in the text provide the opportunity to assess your readiness for exams. Over 40 labeling exercises are available throughout the book to help kinesthetic learners retain information. Logical text organization presents review content with illustrations and examples followed by review questions and exams to help you hone test-taking skills as you master facts, learn how to apply them, complete practice questions by topic, and then work through a realistic exam experience. Written to be versatile so it can be used to prepare for licensing exams, as well as classroom exams allows you to prepare for massage licensure exams as well as your regular course load along the way. Answer key printed in the back of the text with rationales provides you additional feedback so you can better understand why answers are correct or incorrect. Esteemed author Sandy Fritz delivers quality content that students and instructors know they can rely on. NEW! Updated content and questions based on the changes to licensing exams delivers the most up-to-date, relevant questions ensuring you'll be fully prepared to pass the current exams. NEW! Companion website offers 8 practice exams, numerous review activities such as labeling exercises, crossword puzzles, Body Spectrum electronic coloring book, online flashcards, med term games, animations and more. NEW! Mobile app with practice test questions offers increased flexibility to study on the go and in shorter intervals.

"The book covers...key foundations of anatomy and physiology; focusing primarily on the musculoskeletal system, as well as providing a basic introduction to the body systems. Detailed but simple diagrams illustrate joint movement and muscle structure, and photographs show the range of normal movement for joints and limbs." FACT, December 2010

About the Author Sandy Fritz, MS, LMT is the Owner, Director, and Head Educator of the Health Enrichment Center, Inc., School of Therapeutic Massage. Also in private practice for almost 30 years, Sandy works with a diverse clientele, dealing with everything from stress management massage to physician-referred rehabilitative care upon physician referral. She has developed and supervises a student massage clinic with the Detroit Lions of the National Football League. She also provides professional sports massage and rehabilitation for individual athletes, primarily in golf, football, basketball, and baseball. In addition to being published in the Journal of Bodywork and Movement Therapies, Sandy is a prominent author of many Elsevier massage therapy resources, including: Sports Exercise Massage: Comprehensive Care in Athletics, Fitness, Rehabilitation Mosbys Fundamentals of Therapeutic Massage Mosbys Essential Sciences for Therapeutic Massage Mosbys Massage Therapy Mosbys Curriculum Guide for Massage Therapy Mosbys Fundamentals of Therapeutic Massage Video Series, Volumes 1-4