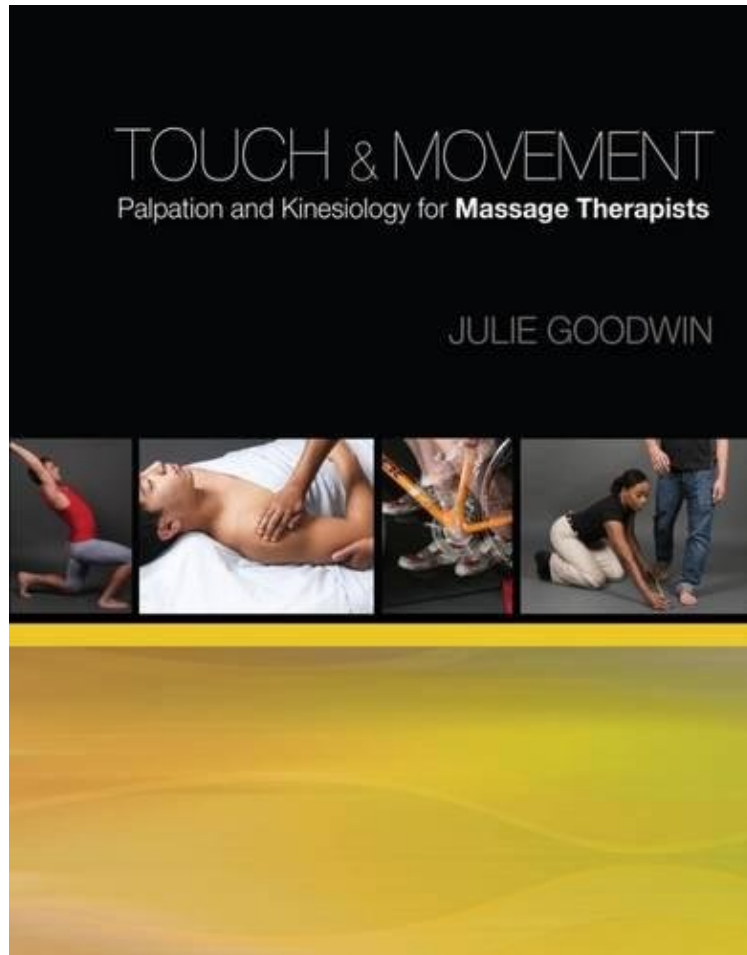


Touch Movement: Palpation and Kinesiology for Massage Therapists

Julie Goodwin

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#312623 in Books 2012-01-06Original language:EnglishPDF # 1 10.50 x 9.00 x 1.00l, 3.15 #File Name: 1439056579528 pages | File size: 71.Mb

Julie Goodwin : Touch Movement: Palpation and Kinesiology for Massage Therapists before purchasing it in order to gage whether or not it would be worth my time, and all praised Touch Movement: Palpation and Kinesiology for Massage Therapists:

2 of 2 people found the following review helpful. An Excellent Source of InformationBy CustomerI was taking a Kinesiology Course from the person who wrote this book, but, unfortunately, financial problems caused me to drop out of the course. Julie Goodwin has years of experience as a Certified Massage Therapist and Instructor in Massage Schools. Currently she is teaching at Pima Community College in Tucson, AZ. She knows her "stuff" and this book should become a classic in the field. It is an accurate and well defined source of information about the anatomy of the bones and muscles of the body.4 of 5 people found the following review helpful. Great resource!By CustomerI have

been a practicing Massage Therapist for 15 years and this is the best book of this type I have found! I wish we had something like this when I went to school. It is so easy to use and the palpations are so well explained and easy to perform. I have used it to refresh my knowledge and to increase the knowledge of my co-workers. I would recommend this book for all schools that teach body work and all clinics that employ therapists!

TOUCH MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS leads step-by-step through the client assessment process, from analysis of posture and gait through application of the principles of complex movement to palpation of the skeletal and soft tissue structures of the body. Extensive instruction in palpation and kinesiology techniques including focus on endangerment zones, cautions and contraindications, and an array of palpation practice exercises, encourages true mastery of this crucial assessment tool. The text engages all learning styles with a range of hands-on exercises. Students can apply new concepts and techniques right there in the classroom or reinforce those skills in the treatment room. They learn why and how they should palpate bony landmarks, soft tissue attachments, and muscles. It grounds the reader in the fundamentals of joint and muscle anatomy and physiology. It also fills in potential educational gaps for those massage therapists whose initial training took place prior to classes that incorporated in-depth palpation and kinesiology techniques. With **TOUCH MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS**, established professionals and massage therapy students alike will find a visual and comprehensive tool created for and dedicated to their specific practical and educational needs and career growth.

1. Introduction to Palpation and Kinesiology. 2. Posture Assessment. 3. Gait Assessment. 4. Deconstructing Complex Movements. 5. The Science of Palpation. 6. The Art of Palpation. 7. Palpating Bony Landmarks and Connective Tissue Structures. 8. Palpating Superficial Muscles of the Axial Skeleton. 9. Palpating Superficial Muscles of the Extremities. 10. Palpating Deeper Muscles and Muscle Groups.