



## Understanding Sports Massage (2nd Revised edition)

By Patricia J. Benjamin, Scott P. Lamp

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Understanding Sports Massage (2nd Revised edition), Patricia J. Benjamin, Scott P. Lamp, Updated and invigorated, "Understanding Sports Massage, Second Edition, " provides readers with an understanding of the fundamental theory and practical basis for using sports massage to keep athletes in top shape, recover from injuries, and improve performance. Like the successful first edition, "Understanding Sports Massage" is ideal for sport professionals and students in sports massage training programs. The book illustrates and explains massage techniques in detail and describes the procedures involved in conducting effective sports massage sessions, including determining goals, organizing the session, and choosing and applying techniques. In addition to serving sport professionals, the new edition of "Understanding Sports Massage" will be useful to coaches, athletes, and teachers. They will be introduced to massage techniques that they can learn and apply in nonmedical situations such as in warm-ups, preparing for and recovering from competition, reducing the potential for injuries, and aiding in injury rehabilitation." "Understanding Sports Massage, Second Edition, " also features many updates and improvements from the first edition: -Nearly 100 photographs demonstrate proper technique.-New two-color presentation highlights specific elements of the photos and text for a clearer...



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