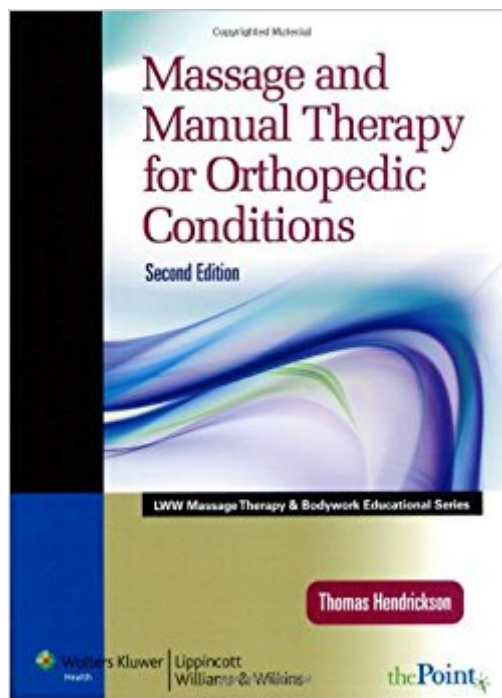


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# Massage And Manual Therapy For Orthopedic Conditions (LWW Massage Therapy And Bodywork Educational Series)



## Synopsis

This book introduces massage techniques for orthopedic conditions, promoting the alignment of soft tissue relating to pain and dysfunction. An essential manual for clinical massage therapy, it contains brief descriptions of rationale behind orthopedic massage, mechanisms of injury to and repair of soft tissue, and anatomy of each body area. The Second Edition also includes detailed assessment for each body region, discusses common lesions, and provides illustrated instructions on how to administer this scientifically based style of massage. Based on traditional orthopedic assessment protocols, coverage includes range of motion, passive and isometric testing, and tests that determine the severity of a condition or injury. A companion Website includes full text online, video clips, image bank, PowerPoint slides, lesson plans, and test generator.

## Book Information

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## Customer Reviews

This book has so much in it that can help a practitioner to relieve the aches and pains of his clients, and even sometimes keep them out of surgery. Any given page has so much information in it. You have clients that need to relax and you have those clients who need to get out of pain. Be a practitioner who can do both! *Massage and Manual Therapy for Orthopedic Conditions* is the best reference I have ever seen which has "recipes" for gentle and effective work for clients with conditions such as frozen shoulder, sciatica, plantar fasciitis, etc. It's best if you can take a course from Mr. Hendrickson, but I have friends who have used just the book, and noticed their work

become better and better. I struggled in my early practitioner years, looking for this information. Now that I have it, my work has become so much more effective (and FUN!). It's comfortable and relaxing for the client and ergonomically safe for the therapist. Different from other modalities, but can be integrated into any kind of session to make it more effective. This book is a must for any serious bodywork practitioner.

As an educator and former instructor of an advanced clinical (medical/orthopedic) massage program, I'm constantly asked by massage therapists for an all-in-one reference to help them comprehend my approach/philosophy to outcome-based bodywork. Although I've pulled and integrated information from several resources; from Travell to Rolf, and types of bodywork; from Reiki to Rossiter, I've found one resource to be indispensable as a solid foundation on which to build: *Massage for Orthopedic Conditions* by Thomas Hendrickson. For manual therapists who seek to achieve effective goal-oriented sessions for their client/patients, it's comprehensive in its scope of essential functional anatomy, implications for treatment, joint-specific history gathering (including sample questions), kinesiology, sources of dysfunction and injury, and much more. Hendrickson's text also covers a range of information from the general theory of vibrational medicine to targeted muscle energy and friction techniques. I tell manual therapists, if they are serious about clinical massage and achieving powerful, effective, consistent results, this text is a must-have. This resource keeps on giving; as the reader will uncover layers of details and depth at every reading. My two copies of the first edition have been reduced to tatters from overuse syndrome! This new edition comes with various improvements that his legion of enthusiasts will appreciate. I, for one, am a great fan of the new color illustrations. Also, I enjoyed the updated rationales for treatment, as well as the flow between assessment and application of techniques...a topic often missed in other resources. Hurray, for Thomas Hendrickson's new edition! May it inspire, guide and educate future clinical therapists to facilitate and attain healing in their patients for many years to come!

This text delivers the full introduction to Tom Hendrickson's revolutionary concepts of manual therapy. I took the 200 hour course, upon which this book is based, with Tom Hendrickson years before this text became available. He graciously permitted us to record the didactic material during the class. I later played some of the tapes as I followed along in the book and realized the tapes were now uselessly redundant! Tom has included his entire 200 hour program and much, much more in this simple to follow, magnificently illustrated volume. When I purchased the first iteration of this text I thought, "Tom, you've given away all your secret moves!" Also available is the set of

Instructional DVD's that accompany the text. Don't hesitate to purchase this entire set if you want a cutting edge approach to working with the human body and hope to become true healer, not just a proficient technician. It is an investment that you'll never regret.

Dr Thomas Hendrickson, DC, has published a revised, expanded edition of his excellent first book, *Massage for Orthopedic Conditions*. I must admit, that as a practicing physical therapist for thirty years, I was skeptical about his addition of "Manual Therapy" to the title. However, after perusing the book, I have to put petty turf-wars aside. Manual therapy is not the exclusive domain of the Physical Therapist, Osteopath etc. I do feel that an extensive course in anatomy (e.g., a year long course with cadaver lab) provides a far better base of knowledge than the brief education of the typical massage course. That being said, the material in the book is sound and logical, and provides the willing and astute student with an excellent adjunct to the 400 hours of training that the Hendrickson Institute offers. Dr Hendrickson's mentor, Lauren Berry, RPT was a fellow Redding resident, and I have experimented with his unwinding techniques with very good results. This is a very well written text book, with the most up to date literature and sound reasoning. It is for these reasons that I highly recommend this book for the practicing medical professional or the well trained massage therapist. Kudos to Dr Hendrickson. Stewart Johnson, PT

Dr. Hendrickson's technique is truly unique and exquisite. Using Tai Chi principles he has developed a form of manual therapy that is profound, gentle and very effective. I have had the good fortune to study with Tom and use the Hendrickson Method on probably thousands of clients since 1996. It is always effective and they all love it. The book is very clear in its explanation of the science behind the Hendrickson Method. While one cannot learn the techniques through reading about them, the explanations of the science and of the dysfunctional patterns of injury and pain is worth reading about. If you'd like to learn about classes in Berkeley CA, Boulder CO and England visit: [...]

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