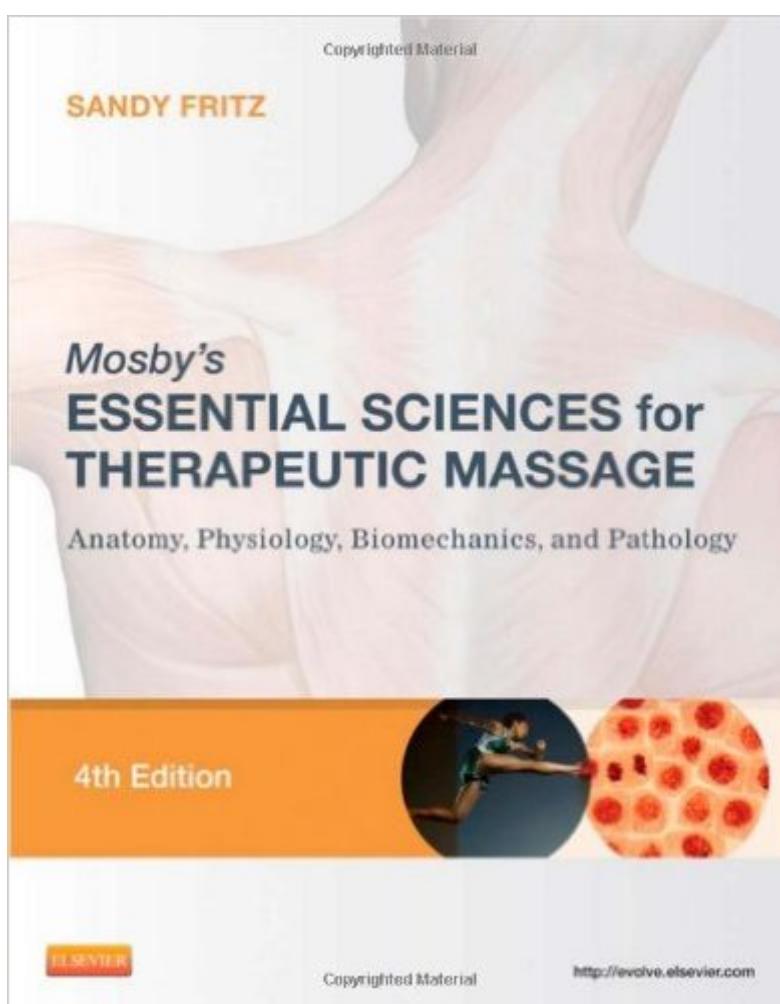


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# **Mosby's Essential Sciences For Therapeutic Massage: Anatomy, Physiology, Biomechanics, And Pathology, 4e (On The Spot )**



## Synopsis

The fourth edition of this science essentials text for massage students features new full-color photos and illustrations along with an easy-to-read, conversational style that explains A&P concepts clearly. The book not only helps students learn the information they need to pass certification exams, but it also helps them see how scientific content applies to actual practice. This new edition also features a very enhanced Evolve resource package, along with new material on boosting your knowledge of nutrition and research • two subjects of growing interest in the massage therapy profession. Clinical reasoning activities included in the workbook section for each chapter promote problem-based learning. Format combining workbook and textbook features gives you immediate review tools in the form of matching exercises, short answer questions, fill-in-the-blank questions, drawing exercises, and critical thinking questions. Sections on pathologic conditions feature intervention protocols as well as indications and contraindications for therapeutic massage. Expert author Sandy Fritz provides credibility and authority to the information presented. Practical Applications boxes in each chapter enable you to see the way material applies to real practice and supports competency-based learning. Highly illustrated format features over 700 full-color line drawings and photos. Updated chapters and artwork have all been revised to reflect the most current industry information and reviewer feedback. MTBOK mapping for instructors on the Evolve website includes a mapping document that links the student objectives in the book to the components of the MTBOK. New muscle illustrations in Chapter 9 clearly show attachments and actions, as well as the relationships between different muscles in composite drawings. Coverage of nutrition (now in Chapter 12) includes information on the digestive process, basics of solid nutrition, how vitamins and minerals affect the body, and how proper nutrition affects the functions of all systems of the body. Enhanced pathology and indications/contraindications appendix includes more illustrations to increase your understanding of what you may encounter during practice. Improved biomechanics chapter activities that use photos instead of drawings help you better understand and apply gait assessment and muscle testing concepts.

## Book Information

Series: On the Spot

Paperback: 736 pages

Publisher: Mosby; 4 edition (April 27, 2012)

Language: English

ISBN-10: 0323077439

ISBN-13: 978-0323077439

Product Dimensions: 0.8 x 8.5 x 11 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #107,371 in Books (See Top 100 in Books) #95 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #115 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine #177 in Books > Engineering & Transportation > Engineering > Bioengineering

## Customer Reviews

I am a massage therapy instructor and have used this text for years to teach my students. There simply isn't a better book on the market that covers anatomy and physiology, relating it specifically to soft tissue manipulation and massage therapy. If you're looking for a text that makes A&P easy to understand, as well as applies it to use in practice, this is it. Regarding the negative reviews, I am very confused as to the points they make. Looking at information from multiple perspectives is a tried and true method to make information easier for people to understand. As a teacher for many years, I'm pretty confident in that statement. Also, this is a massage text book. Not a chemistry text book. Not a physics text book. An individual needs a basic understanding of chemistry and physics if they want to truly understand massage, of course. But, for example, it would be ridiculous for me, as I teach massage, to spend more time on physics and chemistry than on anatomy and kinesiology. This book does the same thing. Spends more time on the most important information. How is that confusing or wrong? I've been a massage therapist for fourteen years, have taught massage for six years, and have a bachelor's of applied sciences. I have looked at just about every text on the market. And let me tell you, this is by far the best. Also, very important. Myself, and my students, using this book and its companion texts, have a 100% pass rate taking the mblex and licensing exams.

Teaches basic A&P as it relates therapeutic massage in an understandable, systematic way, with critical thinking activities that integrate the information for immediate use in massage clinics as well as for licensure testing later.

I find this text hard to follow. It will be discussing something and suddenly break off and address another perspective. The questions in the chapter reviews are not clear, and often require you to

infer information from the text or if you are running low on time, it is easier to Google for the answer. Also, have found information that is not accurate.

I love it because it covers A&P, Kinesiology (lightly), and medical terminology. I bought it, trying to refresh my memory to get certified. So far it is exactly what I needed!

This book is difficult to read and understand not to mention it needs a good copy editor. I have found many mistakes in both the diagrams and the text itself and frequently find myself tossing the book aside in frustration and running to the internet to explain what the book does not do well. The text jumps around quite a bit - not giving you the depth of information where you need it or just laying out the information as a series of definitions. There are many activities in the book to help integrate the knowledge you are learning but they don't really help. An example is the section in chapter 1 where it is describing chemical bonds. The book gives a super brief description of each and expects you to know a great deal of information already. The corresponding activity wants you to relate each type of bond to a type of relationship in your life (page 7) "Polar covalent bond: A stray cat lives in my barn. The cat feeds with my other barn cats, but I don't think of the cat as part of my family. The weak bond that we have could be broken easily if the cat were drawn to the neighbor's barn and chose to leave" then it wants you to describe other bonds in the same way but really without giving you enough depth or information to do it competently. It would be much more useful to give more information about the types of chemical bonds than to try to dumb down the material in a way that does not make any sense. This is a required text at my massage school for anatomy, physiology, and kinesiology. I love science, have a college degree, and sincerely wish they had chosen a different book!

The copy was very worn and the person before highlighted several places in purple that makes it difficult to read because it is too dark.

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