



Mosby's Essential Sciences for Therapeutic Massage: Anatomy, Physiology, Biomechanics and Pathology, 3e

By Sandy Fritz BS MS NCTMB, James Grosenbach EdD

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With more than 700 full-color illustrations, this engaging resource takes a visual approach to helping you understand the scientific principles behind therapeutic massage. Coverage includes a wide range of clinically relevant topics ? from basic overviews of anatomy and disease to in-depth explorations of each body system ? with an emphasis on applying scientific principles to practice. A companion DVD features over 75 anatomy and physiology animations and cadaver dissection footage that show biologic functions and medical procedures in realistic detail.

- **UNIQUE!** A comprehensive chapter on biomechanics includes valuable information on muscle testing and assessment.
- Combined workbook and textbook format encourages critical thinking with activities, short essays, fill-in-the-blank questions, drawing exercises, and more to help you reinforce concepts.
- Sections on pathologic conditions, with suggestions for intervention protocols, indications, and contraindications for therapeutic massage, prepare you to work with clients safely and effectively.
- Handy appendices with quick reference charts for muscles and pathology provide at-a-glance access to common muscle information and pathologies.
- Full-color muscle anatomy illustrations highlight help identify and locate muscles.
- A section on nutrition includes information on the digestive process, nutrition basics, and the functions of vitamins and minerals to help you understand how nutrition affects the body.
- "Clinical Reasoning" exercises in the workbook sections and "Practical Applications" boxes within chapters help you apply concepts from the book to real-life situations with realistic examples.
- Thoroughly reviewed and updated chapters ensure accurate content with up-to-date applications to massage.
- Updated full-color illustrations clearly demonstrate anatomy, physiology,

biomechanics, and pathology concepts.

- Updated Evolve resources include extensive learning activities for each chapter, as well as additional gait assessment and muscle firing pattern photos, web links, and a National Certification Exam review to provide more opportunities for learning.

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Editorial Review

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** **Mosby's Fundamentals of Therapeutic Massage** **Mosby's Essential Sciences for Therapeutic Massage** **Mosby's Massage Therapy Review** **Mosby's Curriculum Guide for Massage Therapy** **Mosby's Fundamentals of Therapeutic Massage Video Series, Volumes 1-4**

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