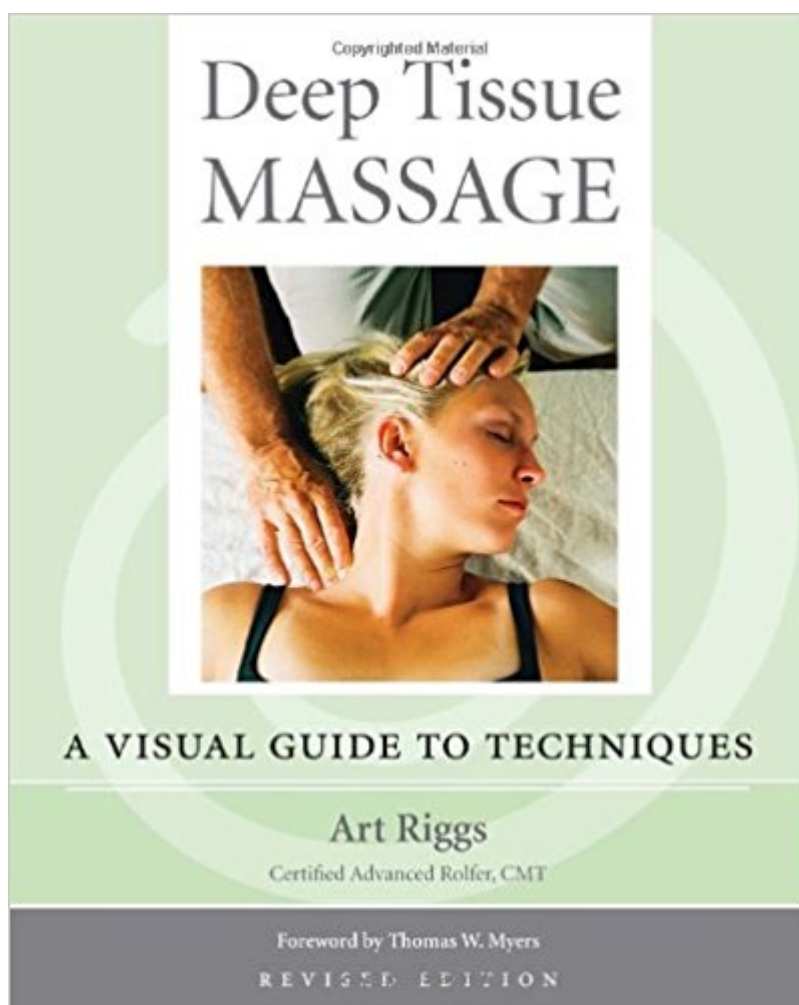


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# Deep Tissue Massage, Revised Edition: A Visual Guide To Techniques



## Synopsis

Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of *Deep Tissue Massage* is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. *Deep Tissue Massage* presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

## Book Information

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## Customer Reviews

"Art's passion, teaching expertise, and therapeutic knowledge blend beautifully in this user-friendly text. Every somatic therapist will gain valuable insights for energizing their practice and enhancing skills. The book is obviously a labor of love, and as the great author, poet, and artist John

Ruskin once stated, 'When love and skill work together, expect a masterpiece.'" – Erik Dalton, Ph.D., Developer of the Myoskeletal Alignment Techniques and founder of the Freedom From Pain Institute "Art Riggs is masterful at teaching and explaining deep bodywork. We unreservedly recommend his materials in our workshops, and his updated Deep Tissue Massage will be an indispensable aid to practitioners, teachers, schools, and students." – Til Luchau, Certified Advanced Rolfer, Faculty of the Rolf Institute of Structural Integration and Director and Lead Instructor of Advanced-Trainings.com "Art Riggs has created a superb teaching tool for the classroom and a matchless clinical reference manual. His book captures the background context and specific applications of deep tissue work in a word and picture, while conveying the essence and importance of attitude and approach." – Keith Eric Grant, Ph.D., NCTMB, Research physicist and director of the McKinnon Institute Sports & Deep Tissue Program

Art Riggs is a Certified Advanced Rolfer and massage therapist who has taught bodywork since 1988. A frequent conductor of workshops for medical professionals, including physical therapists, he lives in the San Francisco Bay Area.

Toss away all dependence on the greedy, evil medical profession. Deep Tissue Massage is more scientifically based than Chiropractic and it doesn't even require a license. If you have a Homeopathic Dr. who charges too much, this will work just as well and keep you safe and sound. Clean out that medicine cabinet. No more poisons! Thank you for your selfless advice, Art Riggs! Those who call you a quack are just uneducated. I only wish the book had advice on curing specific diseases like Cancer and Heart Disease. I feel it could rebalance the body so that would be possible at least. I am going to try some of it on my dog, who is getting old.

I can't use all the techniques described by Riggs (the man is tall and I am short with t-rex arms) but as someone with fingers that hyper-extend I really appreciate all the use of knuckles, fists, etc. This was the textbook for two of my classes in massage school and I found it to be a helpful resource.

A very helpful book for the beginning student that makes an excellent companion while still in massage school. The advanced body worker may find useful information at a minimum but for anyone beginning their understanding of deep work this book is a treasure and Art Riggs has an eloquent way of guiding the student.

Very informative, included visual pictures for techniques and stretches and strengthening exercises for each area. I would recommend this book for anyone wanting to expand their comprehensive knowledge in massage therapy or deep tissue :)

Very informative and well-written with excellent photos and illustrations. The techniques seem very advanced, however, and I haven't incorporated a whole lot of it into my work.

great book, good pictures for explanations and i like how it shows examples of improper body mechanics

The book is easy to follow and an easy read. I learned a lot from the book and was able to apply my new knowledge to my classroom activities.

Anyone interested in therapeutic massage can benefit heavily from this manual, written with experience, wisdom and love. Not only is the anatomy information great, there are excellent practical techniques, as well as some of the best "Deep Tissue Philosophy" on applying it to a successful practice. I have been a practicing massage therapist for over a dozen years, as well as teaching Progressive Deep Tissue classes across Southern California, and recommend this book to my students as the best book on the subject they could invest in. Art is the man!

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