



The Complete Guide to Sports Massage (Complete Guides)

Tim Paine

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The Complete Guide to Sports Massage, 3rd edition is a comprehensive, practical handbook. Now with additional photography and the latest techniques, this is a must-have guide for students of sports therapy and anyone wanting a performance advantage.

Sports massage is the skilled manipulation of soft tissue for: the relief and treatment of muscle soreness and pain; the maintenance of muscle balance and improved flexibility; and enhanced rehabilitation from injury. Packed with jargon-free information, this fully updated guide includes step-by-step photography and detailed text explaining the principles and techniques of massage; injury management and post-massage care; as well as practical guidance on working at a sports event.

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