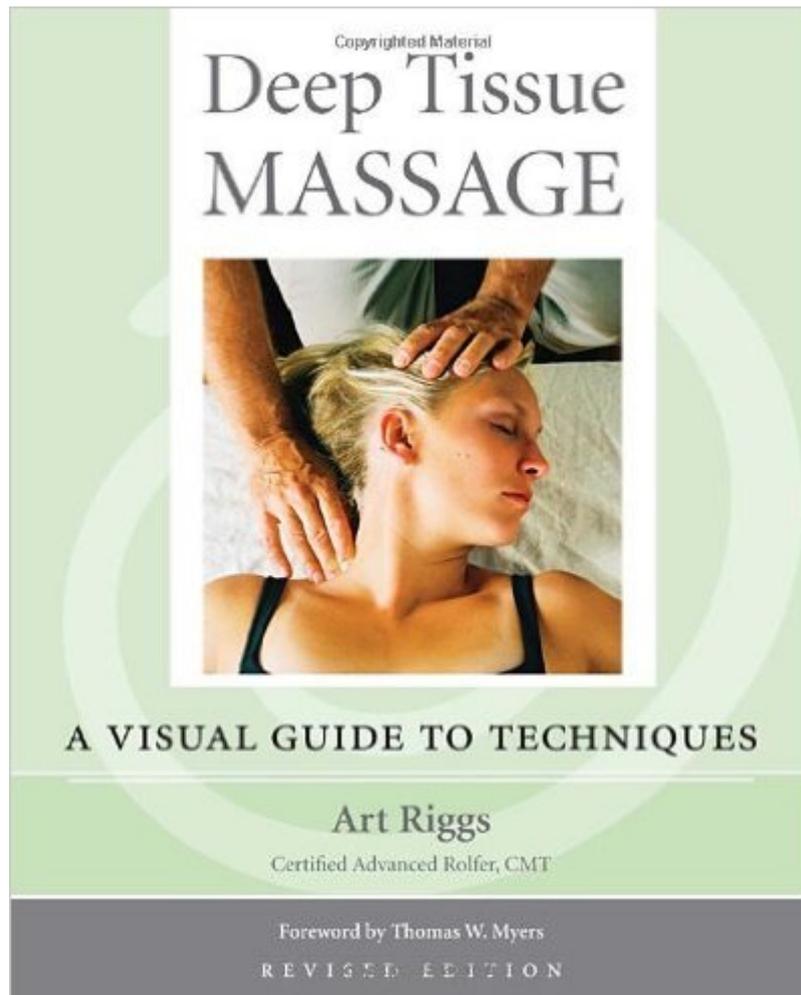


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# Deep Tissue Massage, Revised Edition: A Visual Guide To Techniques



## Synopsis

Featuring more than 250 photographs and 50 anatomical drawings, *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

I am a NY State Licensed and National Board Certified Massage Therapist. Honestly speaking, deep tissue massage is in great demand as people stress out from work and life. About 90% of my clients come for deep tissue massage. I have most of the reference material for *Deep Tissue Massage*, including this book and DVD by Art Riggs, *Deep Tissue & Neuromuscular Therapy* (2

sets) by Sean Riehl, *Balanced Body* by Donald W. Scheumann, and *Myoskeletal Alignment Techniques (Vol 1)* by Erik Dalton. Art Riggs' teaching material excels from them all. Furthermore, I appreciated the way how Riggs handled customer complaints. Riggs answered my email complaints personally and have turned a customer complaint into a praise. On the other extreme, I never got any email answer from Erik Dalton regarding my purchase (I did get an order confirmation from his company). A final word, you will not regret buying the study material from Art Riggs, and don't waste money on the studying material for *Myoskeletal Alignment Techniques*. Most of the techniques from *Myoskeletal Alignment (Vol 1)* can be found in Art Riggs' *Deep Tissue Massage*. Enjoy your *Deep Tissue Massage*

I have been teaching deep tissue massage for many years. This is the first really accessible text on deep tissue massage that I have seen. The illustrations are especially helpful and the author's descriptions of techniques very useful and easy to follow. When I first read this book, I could hear my teacher's voice - it is very similar to my original training in deep tissue massage. I would recommend it to all massage therapists who want to improve their massage skills.

I've had the pleasure of teaching deep tissue classes at the McKinnon Institute from a preprint version of this book for several years. I've found it to be a very well organized tool for students to learn from. The combination of pictures with short technique descriptions and of more details given on the text pages plays well for different learning styles. Even better, it's a book that can be used both for a quick technique refresh before working with a client or for a more in depth review of the motivations behind the work. In the short time since the book has been formally published, I've already used it multiple times as a reference for a column I write for *Massage Today*. It has been and continues to be the book I was looking for long before Art Riggs wrote it.

This was the book that convinced me that I could indeed do something more interesting with an LMT license than just "slapping bodies" at a spa. It opened my eyes to a whole range of new possibilities and confirmed ideas and approaches I had suspected but not articulated yet. Excellent articulation of intelligent, sophisticated and sensitive modes of touch and therapy. As good as the book is, Riggs also offers a 7 DVD compilation of the info in this book that is even more valuable. At the risk of appearing immodest, I have to say that almost everything I've tried for my clients from DTM has (once I fully mastered them) been a huge success and led to repeat business and fulsome praise for my "radically gentle" methods. Riggs also spends a lot of space and time talking about ways to

enhance your business and your practice by distinguishing your approach from your peers. It's common sense stuff, but very useful to go over, and this adds a lot to the worth of the material. There may indeed be better materials on deep tissue massage available - but I don't know what they are and wouldn't trade my book and DVDs for anything.

Being a professional bodyworker for the past 17 years, I've read many books on how to improve my skills and I have found Art Riggs book to be the most instructive and comprehensive one I've ever had the good fortune to read. It's written in an easy-to-understand format that both long-time and new practitioners can relate to. In this book, Art has the unique and masterful ability to be able to teach anyone techniques and skills that normally can only be taught in a hands-on classroom situation. The high-quality instructional photographs and anatomical drawings blended with his excellent writing skills make it a book that should, in my opinion, be read by everyone who is serious about improving and growing their practice. This book could well become one of the "Bibles" of the profession. Kerry Loeb Oakland, CA

Great Book!!! It paid for itself several times over in the first week by clients commenting on the new ways I work and then re-booking and sending referrals. I found it helpful to go to the website ([URL]) to see actual pages from the book and to find out about the video that will be out soon. I'll definitely be getting that!

These techniques and theories are extremely helpful to me in my massage practice. I work more efficiently and my clients noticed the more effective results immediately. If you want to integrate deep tissue work and myofascial release techniques into your practice, this is the one book you need.

This book is easy to understand and highly informative. I used it as a reference when I studied for the National Certification Examination for Therapeutic Massage and Bodywork. It has all sorts of information on massage techniques, which is important of course for the exam. I was recommended the following from a mentor of mine who passed the National Certification Examination with flying colors from the help of the following: The Ultimate Study Guide for the National Certification Examination for Therapeutic Massage and Bodywork: Key Review Questions and Answers by Patrick Leonardi Volume 1, Volume 2 and Volume 3 These 3 study guides were so thorough and completely specific for the National Certification Examination. By using these 3 study guides I had

no surprise questions on the test that I was not prepared for. I passed the exam with ease with the help of these study guides. Deep Tissue Massage: A Visual Guide to Techniques helped me with the technical portion of massage on the National Certification Examination and will serve as a reference in my future massage practice for years to come.

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