
Description: Get the science background you need to master massage therapy! Mosby's Essential Sciences for Therapeutic Massage, 5th Edition provides full-color, easy-to-read coverage of anatomy and physiology, biomechanics, kinesiology, and pathologic conditions for the entire body. Realistic examples show why you need to learn the information, and exercises and activities help you develop critical thinking skills and prepare for certification exams. All chapters are written by noted educator and massage therapy expert Sandy Fritz, delivering the most up-to-date resource showing how scientific concepts apply to massage therapy practice.

Contents: Section I: Fundamentals
1. The Body as a Whole
2. Mechanisms of Health and Disease
3. Terminology: Scientific, Medical, Social, and Cultural Communications
Section II: Systems of Control
4. Nervous System Basics and the Central Nervous System
5. Peripheral Nervous System
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Section III: Kinesiology and Biomechanics
7. Skeletal System
8. Joints
9. Muscles
10. Biomechanics Basics
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11. Integumentary, Cardiovascular, Lymphatic, and Immune Systems
12. Respiratory, Digestive, Urinary, and Reproductive Systems
Appendix A: Muscle Quick Reference Guide
Appendix B: Diseases/Conditions and Indications/Contraindications for Massage Therapy
Appendix C: Clinical Reasoning Activities
Glossary

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