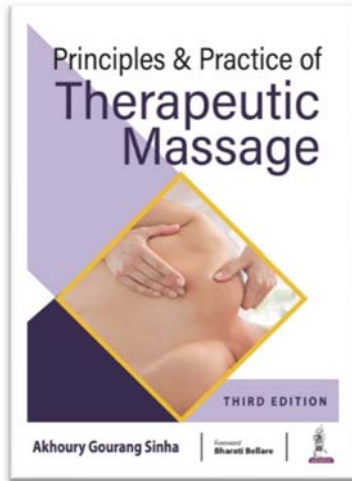




# NEW RELEASE



## Principles & Practice of Therapeutic Massage

Author: Akhoury Gourang Sinha

Single Color | Paper Back | 3/e, 2021 | 206 Pages | 6.75" x 9.5" |

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### ABOUT THE BOOK

This book is a great boon for everyone concerned, as this is the first book on massage written by an Indian physiotherapist. This would help not only to the students but also to the teachers.

### KEY FEATURES

Thoroughly revised edition of authoritative text on therapeutic massage includes:

- Up-to-date research
- In-depth analysis of physiological effects, therapeutic uses and contraindications
- Lucid description of classical massage techniques
- Detailed description of theoretical and practical aspects of sports massage
- Information on connective tissue massage, underwater massage, myofascial release, instrument assisted soft tissue mobilization, craniosacral therapy, manual lymphatic drainage
- Ancient massage systems—Abhyanga, Tuina, Gausha, Thai massage, Shiatsu

### READERSHIP

- Primarily written for physiotherapy undergraduates, this first book on the subject by an Indian physiotherapist is a useful reference for the practitioners of Physiotherapy, Ayurveda, Naturopathy, Physical Education, Physiatry, Sports Medicine, etc., and an informative text for the laymen too.

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