



Prenatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork (Mosby's Massage Career Development)

Elaine Stillerman

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Authored by a well-known expert on prenatal massage, this comprehensive text helps you understand the intricate physiology of pregnancy so you can confidently apply appropriate massage techniques for each trimester, and throughout labor and postpartum. You'll find clear, colorfully illustrated explanations of a wide range of techniques and procedures, including Swedish massage, acupuncture points, myofascial release, trigger point therapy, lymphatic drainage, and reflexology. Contraindications and precautions are also provided where necessary to help you provide safe and effective care for every client.

- Comprehensive coverage guides you through all aspects of prenatal massage in a single book, addressing fundamentals, techniques, preparation, and prevention of potential problems.
- Many useful techniques are described in detail for prenatal through postpartum massage with step-by-step instructions so you can begin using these techniques with your clients immediately.
- Numerous boxes throughout the text highlight key information and provide clinical tips. Touch Points and In My Experience boxes share the author's personal observations about the chapter material with real-life examples from her years in practice.
- Over 350 detailed, full-color illustrations and photographs illuminate procedures, concepts, and techniques.
- Clear writing and organization addresses content in four main units: pregnancy massage, labor massage, postpartum massage, and marketing strategies.
- A companion DVD packaged with the book contains 45 minutes of video demonstrating different massage techniques presented in the book.
- DVD icons within the text encourage you to watch relevant video footage at appropriate points.
- Learning objectives and key terms at the beginning of each chapter clearly identify the concepts you should focus on in the chapter.
- Review questions at the end of each chapter enable you to assess your understanding and review important information presented in the book.
- A glossary of all key terms and definitions makes it easy to quickly look up a new term or to refresh your memory.

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The reason? Because this Prenatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork (Mosby's Massage Career Development) is an unordinary book that the inside of the guide waiting for you to snap it but latter it will zap you with the secret this inside. Reading this book beside it was fantastic author who else write the book in such wonderful way makes the content on the inside easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your expertise and your critical thinking method. So , still want to hesitate having that book? If I had been you I will go to the book store hurriedly.

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In this era globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The actual book that recommended for you is Prenatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork (Mosby's Massage Career Development) this book consist a lot of the information of the condition of this world now. That book was represented how does the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The writer made some analysis when he makes this book. That is why this book acceptable all of you.

Richard Zhang:

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