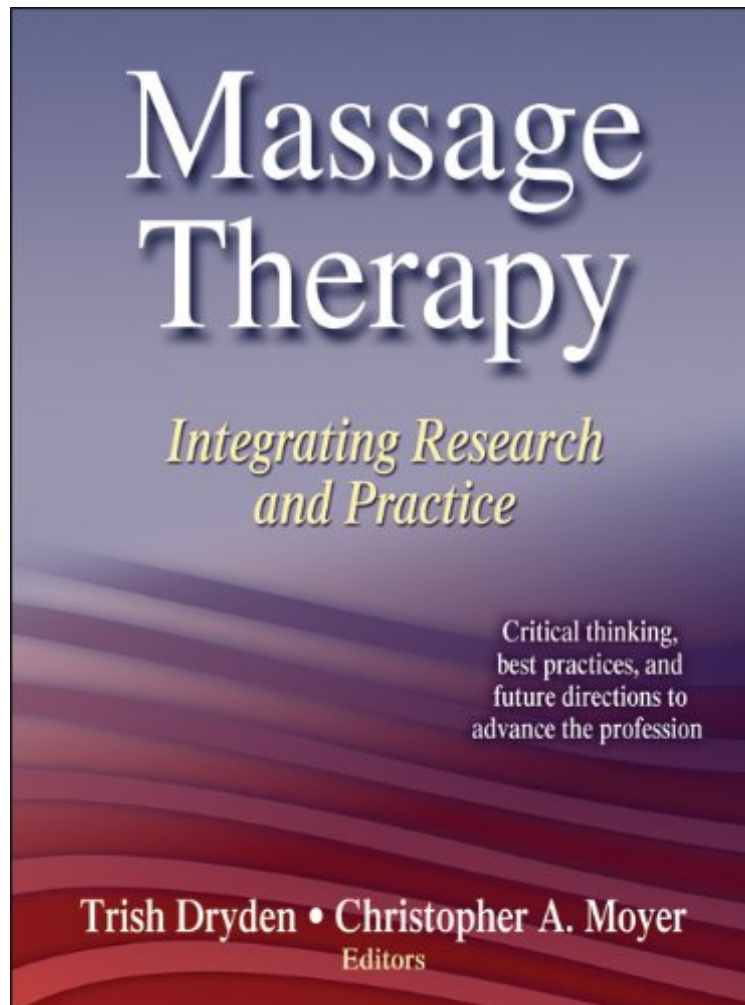


# Massage Therapy: Integrating Research and Practice

*From Brand: Human Kinetics*

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**From Brand: Human Kinetics : Massage Therapy: Integrating Research and Practice** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Massage Therapy: Integrating Research and Practice:

11 of 11 people found the following review helpful. Every Massage Therapist Should Own and Read This Book! By Alice Sanvito, Licensed Massage Therapist This is the book many evidence-based massage therapists have been waiting for, a review of current research in massage therapy gathered into one place. Well-written and thoroughly researched, the writing is intelligent yet accessible. The book is well-organized and easy to use. Chapters are written by experts in their field. It covers the history of massage and massage therapy research, various methods of research, and then devotes chapters to a variety of conditions such as low back, neck, and shoulder pain, fibromyalgia, athletes, depression, to name just a few. Case studies, questions for critical thinking, suggestions for future research, and more

are included. I recommend this book highly to all massage therapists and hope to see this become a textbook in massage therapy schools. 1 of 1 people found the following review helpful. Required reading for all manual therapists! By Lee W This book is available to all massage schools and should be required reading for new students. The evidence informed practice will depend upon this type of material. Gives a wonderful short background for those not versed in research methods and terminology. Then each chapter focuses on one topic, gives the current research findings, and finally gives a therapist some ideas for future research. As a teacher of research literacy, this book has helped me get students up to speed, excited about being part of a research project, and stimulated ideas for future study. I use the E-book that is available to teachers and I bring the hardcover book to class for those who must put their hands on the text! 0 of 0 people found the following review helpful. Four Stars By Barbara Mac Nair Great information. A must in every MT/Bodyworkers library.

Massage Therapy: Integrating Research and Practice presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations. In this resource readers will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. Authored by experts carefully selected for their specific knowledge, experience, and research acumen, Massage Therapy: Integrating Research and Practice will assist both students and practitioners in these areas:

- Learning the benefits of evidence-based massage therapy practice
- Understanding various research methods
- Developing research skills by learning guidelines for writing case reports and journal articles
- Understanding how to integrate massage therapy research into education and clinical practice

This text presents a seamless integration of research and practice in four parts, providing readers first with a background to the field of massage therapy followed by discussion of research methods. Next is an evidence-based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinical section presents three patient populations (pediatric, athletic, and elderly); three pain-related types (headache, neck and shoulder pain, and low back pain); and six conditions that massage therapists may encounter: pregnancy and labor, scar treatment, cancer, fibromyalgia, anxiety and depression, and clients who have experienced sexual trauma. Recommendations and evidence-based treatment guidelines are clearly defined for each condition. Case reports developed from real-life cases are included in this section, offering readers a real-world context for the clinical content presented. The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists. It provides readers with the fundamental tools for a research-based approach in clinical practice, especially as it relates to special populations. A running glossary, chapter summaries, and critical thinking questions assist students in learning the content and act as self-study tools for practitioners. Massage Therapy: Integrating Research and Practice offers both students and practitioners of massage therapy the most current evidence-based information, guidelines, and recommendations for the treatment of conditions often seen in massage therapy practice. This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention.

About the Author Trish Dryden, MEd, RMT, is a clinician, researcher, and educator specializing in massage education and integrative health care. She has over 30 years of experience as an educator, researcher, and clinician in massage therapy, and complementary and integrated health care. She is currently Associate Vice President of Research and Corporate Planning for Centennial College in Toronto, and Past Chair of Heads of Applied Research, encompassing all 24 colleges in Ontario, Canada. Dryden is also former chair of the College of Massage Therapists of Ontario (provincial government regulatory body for massage therapy) and was dean of the Sutherland-Chan School and Teaching Clinic from 1990 to 1999. Dryden is a trailblazer and a catalyst for change. Her vision and leadership continue to be instrumental in the development of evidence-based practice in massage therapy and in the creation of a culture of inquiry and integrated, client-centered health care in Canada and beyond. Her work is an extension of her lifelong commitment to fundamental issues of equity, human rights, and excellence in health care, public policy, and education. Christopher A. Moyer, PhD, is a behavioral scientist who focuses on the study of massage therapy, including its effects on anxiety, depression, and physiological activity. He is currently assistant professor of psychology at the University of Wisconsin-Stout, a research section editor of the International Journal of Therapeutic Massage Bodywork, and on the editorial board for the Journal of Bodywork Movement Therapies. He was a member of the scientific advisory committee for the 2010 Highlighting Massage Therapy in Complementary and Integrative Research Conference and currently serves on UW-Stout's Optimal Health Advisory Committee. He was the recipient of the Outstanding Student Medal (doctoral level) from the University of Illinois at Urbana-Champaign College of Education and was nominated for the American Psychological Association's 2011 Distinguished Scientific Award for Early Career Contributions to Psychology. Moyer was a three-time recipient of the Avery Brundage Scholarship from the University of Illinois and was named to the University of Illinois' Incomplete List of Teachers Ranked as Excellent by Their Students.