



The Balanced Body: A Guide to Deep Tissue and Neuromuscular Therapy

Donald W. Scheumann

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The Balanced Body, Third Edition provides a systematic training program for deep tissue and neuromuscular therapy and other massage modalities. Lessons cover sequential, progressive massage therapy for the entire body to help practitioners create an integrated treatment plan. Features include over 250 detailed illustrations, 40 new to this edition; Case Studies with real-world scenarios and questions; Indication/Contraindication Boxes; Essential Anatomy Boxes; Cautionary Notes; and coverage of trigger point release work combined with deep tissue therapy and tension release massage. A bound-in Bonus CD-ROM includes 20 massage technique video clips, 10 Acland anatomy video clips, images, and Chapter Quizzes.

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