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Manual De Masaje

Luis Lesur Esquivel



Manual De Masaje:

MANUAL PROFESIONAL DEL MASAJE Jesús Vázquez Gallego, 2009-09-17 El arte del masaje se ha practicado desde la Antigüedad en muchos países hoy en día es una de las formas de cuidado de la salud más popular. Se usa con buenos resultados en los campos terapéutico, estético y deportivo ya sea para buscar la relajación o como parte del tratamiento en diversas enfermedades. Este libro es un compendio sobre el masaje que abarca desde las nociones básicas como los conceptos anatómicos, los efectos fisiológicos y las normas e indicaciones generales para su práctica hasta el desarrollo de los distintos tipos de masaje. Se tratan en detalle el masaje clásico, masaje sueco y quiromasaje, los masajes específicos, masaje reflejo, drenaje linfático, entre otros, las técnicas orientales shiatsu y masaje chino, los masajes mecánicos y combinados y el masaje para poblaciones especiales, masaje deportivo infantil y en la tercera edad. Se incluyen también capítulos dedicados a la osteopatía, la acupuntura, el masaje en la fibromialgia y el masaje en el entorno Pilates. Asimismo se acompañan las detalladas explicaciones de las técnicas con ilustraciones y fotografías. Jesús Vázquez Gallego, coautor y coordinador de la obra, es Doctor en Medicina y Cirujano especialista en Rehabilitación y Medicina Física. Jefe del servicio de Rehabilitación del Hospital Xeral Calde de Lugo.

Manual de masaje Fiona Harrold, 1993 *Guía de masoterapia para fisioterapeutas* María Torres Lacomba, Isabel Salvat Salvat, 2006 La obra de alto nivel pedagógico está estructurada en tres partes: la primera nos conduce por su historia, nos acerca al marco jurídico y nos da las bases suficientes para un mejor aprovechamiento de la segunda parte, donde la Masoterapia se nos brinda en todas sus facetas encontrándonos en todos los capítulos con una parte dedicada a la práctica de lo expuesto, hecho que facilita y enriquece su comprensión por último, en la tercera parte, nos esperan interesantes casos de aplicación clínica.

El libro completo de los masajes, 2007-06-01 *EL MASAJE DEPORTIVO* Anatolik Andreewicz Biriukov, 2007-06-14 El masaje es un importante método terapéutico y un medio eficaz de entrenamiento que adquiere cada vez más importancia tanto en el ámbito de la educación física como en el campo del deporte de alto rendimiento. Uno de los medios más eficaces para recuperar e incrementar la capacidad de trabajo de los deportistas y para la rehabilitación de las lesiones y enfermedades que conlleva el deporte es el masaje. Este libro no está dirigido solamente a los deportistas sino también a entrenadores, profesores de Educación Física, médicos, fisioterapeutas y masajistas. Contiene una serie de nuevas informaciones teóricas y prácticas referentes a la técnica de los métodos y a las metodologías parciales del masaje. Esta obra contiene además suplementos y variaciones basados en un amplio material experimental. Se ha precisado y complementado la técnica de los métodos de masaje, se ha descrito con todos los pormenores la metodología de la ejecución. Se ha reservado un lugar especial a la clasificación del masaje y en particular a los distintos tipos del mismo. El autor intenta aquí revelar las cuestiones más importantes de la teoría y de la práctica del masaje dentro del marco de las exigencias y tendencias actuales de la educación física. Ha intentado exponer el tema material lo más simple y a veces esquemáticamente posible para permitir una buena asimilación de los métodos, no sólo por parte de aquellos que ya tienen nociones sino para los

estudiantes de Educación Física y aquellos deportistas y entrenadores que deseen aprender por su cuenta la técnica de ejecución de un método de masaje y entender la metodología de cada sesión El autor Anatolik Andree Biriukov es catedrático en medicina del deporte y de masaje del Instituto de Educación Física de Moscú

Mosby's Fundamentals of Therapeutic Massage Sandy Fritz, 2004 In this update of the 2000 edition Fritz the owner and head instructor of a school of therapeutic massage and bodywork in Michigan treats touch as a form of communication and expands coverage of ethical and legal issues contra indications for massage and condition assessment and management The treatment of medical terminology core principles and techniques is enhanced by color illustrations case studies review questions resources and other appended information The first edition was published in 1995 Annotation 2004 Book News Inc Portland OR booknews com

MASAJE BASADO EN RESULTADOS (Bicolor) Carla-Krystin Andrade, Paul Clifford, 2004-03-24 Masaje basado en resultados guiar al lector a través de un modelo de toma de decisiones clínicas en cuatro pasos que comprende las fases de evaluación planificación terapéutica tratamiento y alta A lo largo de este proceso aprender a identificar alteraciones importantes mediante la exploración del paciente a seleccionar las técnicas de masaje adecuadas para tratar esos trastornos y conseguir resultados funcionales destacados a planificar las intervenciones que integran las técnicas de masaje con otras técnicas adecuadas a aplicar las técnicas de masaje utilizando una técnica manual correcta y a avanzar en los regímenes terapéuticos desde la intervención inicial hasta el alta

Manual de masaje Maurice Boigey, 1958

[Guía de masaje terapéutico para el manejo del dolor + acceso web](#) Sandy Fritz, Leon Chaitow, 2013-03-25 Obra que pretende ser una revisión práctica y accesible del masaje terapéutico aplicado al control del dolor Participan en este título autores internacionales de reconocido prestigio que recogen todos los conocimientos necesarios para tratar con eficacia pacientes que presentan síndromes de dolor crónico Además de utilizar un lenguaje claro el texto se apoya en numerosas ilustraciones que ayudan al lector a entender el contenido El texto se presenta enriquecido con recuadros que contienen puntos clave una descripción textual clara ejemplos prácticos y resúmenes de bibliografía científica clave este libro es de interés para terapeutas manuales de todo el mundo

Manual del masaje / Massage Manual José Manuel Sanz Mengibar, 2005-09

FUNDAMENTOS DEL MASAJE TERAPÉUTICO Sandy Fritz, 2001-04-25 El masaje terapéutico masoterapia también llamado en ocasiones tacto estructurado ha sido a lo largo de la historia de la humanidad un arte curativo de alcance universal Este libro para mayor facilidad de utilización se ha dividido en dos secciones La primera sección capítulos 1-7 abarca el importante material que deben conocer los practicantes La segunda sección capítulos 8-14 presenta las aplicaciones reales de los métodos de masaje y trabajo corporal Ambas secciones se enseñan de forma simultánea Además el libro incluye cuatro apéndices Apéndice A Contraindicaciones para los masajes Apéndice B Lista de fuentes Apéndice C Obras consultadas Apéndice D Terminología A medida que aparecen los métodos y técnicas de masoterapia y trabajo corporal el lector aprender el cómo y el porqué de su labor y cuándo obtener las respuestas fisiológicas deseadas

Manual de masajes (terapéuticos, estéticos, deportivos) Lisette Lanvin, 1985

Manual

de masaje Maurice Boigey,1998 *Manual de masaje* Maurice Boigey,1964 **Manual de masaje / Massage Manual**
Luis Lesur Esquivel,2007-06-30 **El libro de masaje chino : manual de masaje terapéutico y preventivo** A. R.
Lade,2010-02 *Manual de masaje terapéutico* Mario-Paul Cassar,2001 **El libro del masaje chino** ,1988 *Archivos*
de medicina, cirugía y especialidades ,1921 *El arte del masaje* Varios autores,2017-03-23 El masaje del tipo que sea
siempre busca el conocimiento del cuerpo a través del tacto y es además un acto de comunicación no verbal muy poderoso
Esta práctica milenaria nos ofrece una amplia gama de técnicas y propuestas de masajes terapéuticos relajantes energéticos
sensuales Y efectuarlos correctamente pueden beneficiar a las personas que los reciben Transmitir estos conocimientos es el
objetivo de este completo manual escrito y supervisado por reconocidos especialistas en los diferentes tipos de masaje En las
páginas de esta guía encontrarás las mejores técnicas y métodos de masaje desde el shiatsu hasta el masaje sensitivo informaci
ón anatómica completa y adecuada a cada caso explicaciones detalladas acompañadas de numerosas fotografías y secretos y
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