



Sports Massage

Jari Ylinen, Mel Cash

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Sports therapy has made huge advances in recent years and is no longer the preserve of the professional athlete. More and more people who take part in sport at all levels are seeking treatment from masseurs and other therapists for injury or the fatigue that follows intensive training. This landmark book is the first to set out in full the techniques and routines involved in sports massage, as well as guidance on the treatment of specific injuries related to various sports.

This book explains how sports massage improves and speeds up a sportsman's recovery from training, which sports injuries can be effectively treated by massage, and how quickly it can be applied. Based on sound medical principles, and with over 200 specially commissioned photographs and illustrations, *Sports Massage* sets out the skills and techniques of sports massage for physiotherapists, coaches, trainers and keen sportsmen themselves. Also included are sections on stretching, self-massage, Shiatsu and acupressure.

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