



# **The Balanced Body: A Guide to Deep Tissue and Neuromuscular Therapy with CDROM (LWW Massage Therapy and Bodywork Educational Series) (3rd edition)**

*Donald W. Scheumann*

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The Third Edition of **The Balanced Body** offers you more resources to master deep tissue and neuromuscular massage in order to present your clients with a complete integrated approach to massage. Use this book as a teaching manual and reference for a systematic training program for deep tissue and neuromuscular therapy and other massage modalities. The series of lessons within the book cover sequential, progressive massage therapy for the entire body to help you to create an integrated treatment plan.

In this Third Edition you'll find these features: **Detailed illustrations** (with 40 new illustrations in this edition) bring the techniques to life **Case Studies** with real-world scenarios and questions to consider **Indication/Contraindication Boxes** show when massage is and isn't advisable **Essential Anatomy Boxes** present crucial anatomical information to consider before learning a technique **Cautionary Notes** warn about special cases and situations **Coverage of Trigger Point Release Work** combined with deep tissue therapy and tension release massage presents different therapeutic options **Quick Reference Charts** summarize key points from the introductory chapters **Guidelines for Elevating the Quality of Massage Work** provide suggestions to improve treatment quality

**Plus, a BONUS CD-ROM packaged with this book includes:** 20 massage technique video clips (featuring the author) 10 Acland anatomy video clips Images from the text Chapter Quizzes

## **INSTRUCTORS!**

Instructor Resources designed to help you in the classroom are now available with this product. For more details, and to register for resources, [click here](#).

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