



# **Body Mechanics for Manual Therapists: A Functional Approach to Self-Care and Injury Prevention**

*Barbara Frye*

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## **Body Mechanics for Manual Therapists: A Functional Approach to Self-Care and Injury Prevention**

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Body Mechanics for Manual Therapists assists manual therapists of all kinds, especially massage therapists, to avoid repetitive-use injuries and develop sound and effective body mechanics. An easy-to-read text that emphasizes body awareness and provides function-specific body mechanics skills that can be integrated into all types of manual therapy. Allows manual therapists to become pro-active in fostering self-care and preventing occupational injury and burnout.

### Key Features:

- \*Clearly stated and detailed information about the use of the body in all styles of manual therapy activities, including standing, sitting, bending, lifting, pushing and pulling and applying pressure;
- \*48 partner and self-discovery lessons that lead step-by-step through the proper movement of sound body mechanics for all manual therapy techniques;
- \*480 illustrations that show detailed, clear examples of each concept and of the elements of each lesson;
- \*Each chapter is dedicated to fostering self-care and teaching new and innovative ways to prevent pain in all parts of the body, including the neck, hands, wrists and knees...and more!

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