

Gua Ilustrada Del Masaje Deportivo Pdf

Susan Findlay

Guía ilustrada del masaje deportivo Susan Findlay, 2011-05 Guía ilustrada del masaje deportivo ofrece las herramientas esenciales para aplicar las técnicas básicas de masaje con una orientación deportiva no excluyente de la general. Cuenta con instrucciones minuciosas y más de 130 fotografías en color que ilustran la aplicación correcta de cada pase de masaje para los grupos musculares del cuello, el hombro, el tronco, la pelvis, la pierna y el pie. También muestra cómo usar posiciones avanzadas de trabajo con el cliente en decúbito prono, supino, lateral y sentado para tratar cada grupo muscular, ayudando al quiromasajista a conseguir una sesión más cómoda y terapéutica para su cliente. Guía ilustrada del masaje deportivo hace hincapié en la mecánica correcta del quiromasajista terapéutico, incluyendo la postura de trabajo, la altura adecuada de la camilla y la colocación efectiva del cliente para favorecer la realización de la técnica y reducir las tensiones sobre sus brazos, manos y espalda. A lo largo del texto, los cuestionarios de autoevaluación con las correspondientes soluciones permiten comprobar la comprensión y refuerzan el aprendizaje. Además, un índice en forma de galería fotográfica sirve de referencia rápida para comprobar técnicas y su aplicación. El masaje deportivo eficaz, ciencia y arte a partes iguales, se basa en la aplicación reflexiva de conocimientos y en la experiencia por parte del quiromasajista terapéutico. Guía ilustrada del masaje deportivo proporciona unas nociones sólidas, ayudando al masajista a trabajar eficientemente con su cuerpo y a aplicar cada técnica con sensibilidad. Con su énfasis en la mecánica corporal correcta y la colocación efectiva del cliente, esta obra está pensada para el masajista deportivo, pero también será útil para otros especialistas en trabajo corporal como osteópatas o instructores de fitness que deseen mejorar su técnica, reducir las tensiones al trabajar y ofrecer una atención terapéutica de mejor calidad.

Guía completa del masaje deportivo Tim Paine, 2002 Un libro indispensable sobre esta especialidad, clave en la terapia deportiva. Técnicas de masaje paso a paso, como aconsejar al cliente, el manejo de las lesiones, recomendaciones para el trabajo en los eventos deportivos.

Manual profesional del masaje Jesús Vázquez Gallego, 2011-07-18 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.

Curso de formación en masaje deportivo Pedro Arribas, 2001

Manual de masaje deportivo Leonardo Sebastián Cofré Varas, 2006

MASAJE DE LOS TEJIDOS PROFUNDOS. *Guía visual de las técnicas* Art Riggs, 2009-12-23 El masaje de los tejidos profundos entraña el conocimiento de las capas sucesivas de los tejidos del cuerpo y la capacidad para trabajar con éstos haciendo que esas capas se relajen y liberando, así, de la forma más eficaz y eficiente posible, los patrones restrictivos. Con el trabajo de los tejidos profundos se puede conseguir la mitigación del dolor, la adopción de mejores posturas, el aumento de la flexibilidad y la fluidez de movimiento. En este libro se introducen las técnicas específicas para trabajar con las estructuras anatómicas que conforman los tejidos profundos e indicaciones para el uso correcto de las herramientas -dedos, nudillos, puño, antebrazo y codo- junto con la buena ejecución de los movimientos. También se desarrollan las estrategias específicas para el tratamiento de las distintas partes del cuerpo.

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 mayor 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 amplísimo 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 la 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.

Manual de experto en masaje deportivo Elena Castillo Santos,Vander Formación,2014

Masaje deportivo, la guía completa : explicaciones gráficas y precisas para cada técnica de masaje, modos de estiramiento e instrucciones de ejecución Allan Trevor,2022 En este libro cubriremos todo lo referente al masaje deportivo. Los beneficios de la terapia en frío en particular y del masaje en general. Profundizaremos en las técnicas de masaje deportivo más eficaces. Veremos los beneficios del estiramiento y cómo realizar estiramiento de caderas, glúteos y psoas. Analizaremos diversas patologías como el clic en la mandíbula y el dolor muscular de aparición tardía. Describiremos unas pautas efectivas para tratar la artritis, la bursitis en hombros, estiramientos de hombros recomendados, masaje de tejido profundo, estiramientos cuádruples y pinzamientos de hombro. Además, dedicaremos una sección para hablar sobre los nudos, la mioterapia, la grabación deportiva, los beneficios de la sauna después del ejercicio y la distensión muscular del muslo.-- goodreads.com

Masaje, la Guia Ilustrada Mas Completa Clare Maxwell-Hudson,2000-02-01

EL MASAJE DEPORTIVO FCO JONAY ESPINO,2019-04-28 Libro dedicado a todos los profesionales de las terapias alternativas, del deporte y profesionales del masaje en general. También al público en general que quiera adquirir conocimiento sobre el masaje deportivo y las lesiones mas comunes que se producen en el deporte. Sin duda te servirá de guía y ayuda en tu consulta diaria, como consulta si eres entrenador personal o conocimiento extra si simplemente eres amante del deporte.

Fundamentos del masaje terapéutico Sandy Fritz,2004-09 Nueva edición del manual de masaje más completo y utilizado en todo el mundo que presenta toda la información teórica y práctica necesaria del masaje, enfatizando las técnicas y habilidades más adecuadas para el tratamiento de cada dolencia, así como las consideraciones particulares que rodean la realización del masaje propiamente. Ofrece una formación integral que revisa la anatomía y fisiología; enseña a llevar a cabo las distintas manipulación del masaje y técnicas del tratamiento corporal; ayuda a desarrollar el sentido del tacto, dada la importancia de la palpación para saber interpretar la situación del paciente y poder realizar las maniobras pertinentes, y a comprender la importancia de la salubridad, higiene, mecánica corporal, prácticas de la profesión y normas deontológicas, equipación, inversión necesaria, tratamiento de grupos especiales de población, y a aplicar todos estos conocimientos a una toma de decisiones eficaz para forjarse una carrera equilibrada como masajista profesional. Se hace eco de la importancia del masaje y de las terapias físicas en general en la mayoría de tratamientos actuales en procesos traumatológicos, reumatológicos y para toda la rehabilitación del sistema musculoesquelético. Esta edición incorpora 20 casos de estudio, más de 500 ilustraciones que ejemplifican las técnicas, procedimientos y conceptos más importantes y nuevos contenidos en las

áreas de conocimiento muscular, palpación y valoración, masaje deportivo, aplicaciones de spa, drenaje linfático y masaje médico. Nueva edición a todo color del manual de masaje más completo y utilizado en todo el mundo. Ofrece una formación integral que revisa la anatomía y fisiología e incorpora 20 casos de estudio, más de 500 ilustraciones a color que ejemplifican las técnicas, procedimientos y conceptos más importantes y nuevos contenidos en las áreas de conocimiento muscular, palpación y valoración, masaje deportivo, aplicaciones de spa, drenaje linfático y masaje médico.

Masaje Clare Maxwell-Hudson, Sandra Lousada, 2000

Masaje deportivo y lesiones del deporte Jesús Vázquez Gallego, Rosario Solana Galdámez, 2019

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. Trasmitir 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, información anatómica completa y adecuada a cada caso, explicaciones detalladas, acompañadas de numerosas fotografías y secretos y curiosidades sobre el arte del masaje.

La biblia del masaje : la guía definitiva del masaje Susan Mumford, 2010-01

Anatomía & masaje deportivo Josep Mármol Esparcia, Artur Jacomet Carrasco, 2017-12-22 Esta obra pretende establecer un puente entre el masaje para el deportista, el propio deportista y las personas interesadas en su cuidado y bienestar, vinculándolos mediante el trabajo manual con el único tejido que envuelve, une, comunica y que está presente en todos los demás tejidos, órganos y sistemas: el tejido conectivo y más concretamente, las fascias. Deseamos Anatomía & Masaje Deportivo contribuya a la confección de una metodología de trabajo propia del lector, y sirvan para aplicar un tratamiento manual con masaje efectivo para el deportista.

Anatomía y masaje deportivo , 2017

Masaje deportivo Jari Ylinen, Mel Cash, 1993-01-01

Masaje deportivo Jose M. Balbas, 1962

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