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Save Your Hands!: The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists

Lauriann Greene, Richard W. Goggins

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The physically demanding work manual therapists do puts them at risk for musculoskeletal injury. But injury is not inevitable. *Save Your Hands! 2nd Edition* gives manual therapists the proven injury prevention and ergonomics strategies and tips they need to protect their health and prolong their careers. Whether you're a student or an experienced practitioner in any of the hands-on treatment professions (massage, PT, OT, nursing, chiropractic, etc.), this indispensable guide will help you save not only your hands, but also your back, neck, shoulders and emotional well-being throughout a long, healthy career.

In an accessible, richly-illustrated format, *Save Your Hands! 2nd Edition* shows you how to:

* Design your treatment space so you can work safely and efficiently
* Find alternative techniques to protect vulnerable parts of your body
* Improve body mechanics to reduce stress and increase comfort as you work
* Stay in shape with a physical conditioning program developed specifically for manual therapists
* Recognize early symptoms and address them effectively before they lead to injury.

"Quite simply, the book is excellently conceived and constructed, and is very well presented, and I highly recommend it."
-- Leon Chaitow, ND, DO, author, *Muscle Energy Techniques*, Honorary Fellow, University of Westminster, London

"Save Your Hands! provides excellent practical suggestions for improving safety of the provision of manual therapy services."
--Jeff Lau, PT, DPT, OCS, CMPT, Program Director, PTA program, Provo College, Utah

"*Save Your Hands! is a book every massage therapist and hands-on health practitioner should own and study."*
--Ben E. Benjamin, PhD, author, *Listen to Your Pain*

"Save Your Hands! 2nd Edition is by far the most knowledgably written, fully researched and richly illustrated book available on the subject of manual therapist injury prevention."
--Renee F. Gladieux, The Pressure Positive Company

"At Centura College, Save Your Hands! has always been and continues to be the textbook of choice for our Injury Prevention course. Graduates of our college frequently remark that Save Your Hands! is one of their most valued reference and resource texts.
--David Marquart, CMT, Corporate Director of Massage Therapy Programs, Centura College

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Angie Dean:

Spent a free a chance to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the reserve untitled Save Your Hands!: The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists can be excellent book to read. May be it can be best activity to you.

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