



# The Complete Guide to Sports Massage (Complete Guides)

*Tim Paine*

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## The Complete Guide to Sports Massage (Complete Guides) Tim Paine

*The Complete Guide to Sports Massage*, third edition, is a comprehensive, practical handbook. Now with additional photography and the latest techniques, this is a must-have guide for students of sports therapy and anyone wanting a performance advantage.

Sports massage is the skilled manipulation of soft tissue for the relief and treatment of muscle soreness and pain, the maintenance of muscle balance and improved flexibility, and enhanced rehabilitation from injury. Packed with jargon-free information, this fully updated guide includes step-by-step photography and detailed text explaining the principles and techniques of massage, injury management and post-massage care, as well as practical guidance on working at a sports event.

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