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Nota di contenuto	Introduction to massage / Elisabeth Jones -- Relevant anatomy and physiology : an overview / Elisabeth Jones -- Evidence based effects, risk awareness & contra-indications for massage / David Lee and Carol Young -- Examination and assessment / Ann Thomson -- Preparation for massage / Margaret Hollis and Elisabeth Jones -- The massage manipulations / Margaret Hollis and Elisabeth Jones -- Massage to the upper limb / Margaret Hollis and Elisabeth Jones -- Massage to the lower limb -- Margaret Hollis and Elisabeth Jones -- Massage to the back, gluteal region, and neck / Margaret Hollis and Elisabeth Jones -- Massage to the face & scalp / Margaret Hollis and Elisabeth Jones -- Massage to the abdomen / Margaret Hollis and Elisabeth Jones -- Uses of classical massage in some health care settings : an overview / Elisabeth Jones -- Some types of massage and soft tissue therapies /

Elisabeth Jones -- Massage in sport / Joan M. Watt -- Aromatherapy /
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