



## Of Massage: And Remedial Gymnastics (Classic Reprint) (Paperback)

By L L Despard

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Excerpt from Of Massage: And Remedial Gymnastics In preparing the present edition many amplifications and additions have been made to the text in both parts of the work, and this has entailed a certain amount of rearrangement of the existing matter. The additions have been made in order to provide a more useful text-book and book of reference for students of massage, and also in the hope of meeting the requirements of those who are qualifying as medical gymnasts. In Part I. the chapter on the Skeleton has been extensively amplified, and certain additions have been made to the chapters on the Articulations and the Nervous System. Some rearrangement of the Tables of the Muscles has been made, and an additional column, giving their action, has been inserted. In Part II. Chapter II. an alteration has been made in the classification of the various massage movements. Formerly in many British Schools petrissage and kneading have been synonymous terms, also effleurage and stroking. In the Swedish Schools, on the contrary, there is a distinction between the terms in...

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