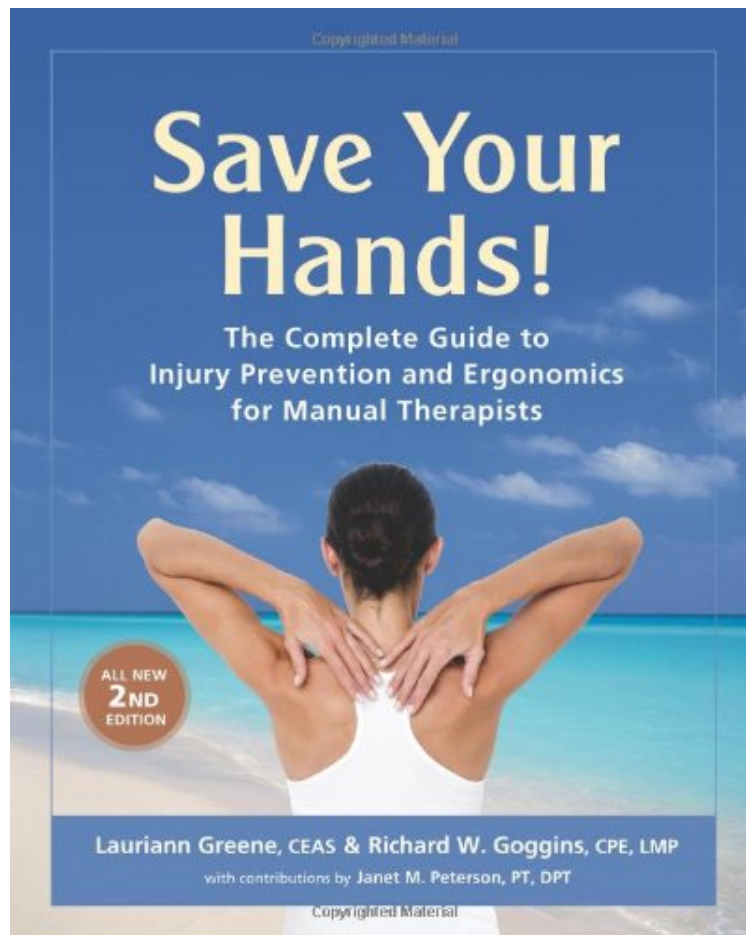


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Save Your Hands!: The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists

Lauriann Greene, Richard W. Goggins
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Lauriann Greene, Richard W. Goggins : Save Your Hands!: The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists before purchasing it in order to gauge whether or not it would be worth my time, and all praised Save Your Hands!: The Complete Guide to Injury Prevention and Ergonomics for Manual Therapists:

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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 knowledgeably written, fully researched and richly illustrated book available on the subject of manual therapist injury prevention." -- Renee F. Gladioux, 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

"I have personally and professionally benefited from reading and applying practical information of the 1st edition of *Save Your Hands!* I am still amazed at how much more there is to learn about self-care, ergonomics, injury prevention, conditioning and once again applying the knowledge to my Massage Therapy practice, hence my review of the 2nd Edition . . . a thorough reference and practical guide for practitioners both new and well-seasoned in their therapy career. After reading the book, I know that I have a well-researched, solid manual to turn to as a reference to support my health throughout the continuation of my career." -- The Light Touch: AMTA-Montana Chapter Newsletter, November 2009