

Massage Fusion

The Jing method for the
treatment of chronic pain

Rachel Fairweather
Meghan S. Mari

Massage Fusion The Jing Method For The Treatment Of Chronic Pain

Xizhen Cao



Massage Fusion The Jing Method For The Treatment Of Chronic Pain:

Massage Fusion Rachel Fairweather, Meghan Mari, 2015-07-01 Massage Fusion is an essential companion for any manual therapist interested in treating common pain issues Acclaimed teachers and therapists Rachel Fairweather and Meghan Mari offer a practical and dynamic step by step approach to gaining results with persistent client problems such as low back pain neck pain headaches carpal tunnel syndrome TMJ disorders stress related conditions and stubborn sporting injuries The book outlines a clear and evidence based rationale to treatment using a clinically tried and tested combination of advanced massage techniques including myofascial work trigger point therapy acupressure stretching and client self care suggestions Named after the authors successful UK based training company the Jing method has helped thousands of therapists build their practices Beautifully illustrated with clear photographs of each step this book gives massage therapists a tried and tested blueprint for approaching chronic pain conditions with confidence Drawing on both the available evidence and several decades of clinical experience Massage Fusion brings together art and science East and West philosophy and psychology into a joyful exploration of how to gain the best results for your clients A must read for all bodyworkers who want to be the best

Integrated Clinical Management and Neurorehabilitation for Lumbosacral Spinal Diseases Jianjun Sun, Chenlong Yang, Nicholas Van Halm-Lutterodt, Jian Wu, 2025-08-18 Lumbosacral spinal diseases and the associated neurological dysfunctions represent a major medical and social problem because of their high prevalence and the ever increasing number of sufferers in the general population Common entities include spinal tumors congenital neural tube defects sacral cysts and degenerative spinal conditions Though the main responsible lesion is usually localized in the lumbosacral spinal canal a variety of neurological disturbances may occur such as sensorimotor deficiencies neurogenic bladder and gastrointestinal dysfunctions In the era of precision and integrated medicine multi disciplinary cooperation and individualized management have engendered an outburst of new diagnostic and therapeutic approaches as well as neurorehabilitation modalities The primary aim of this Research Topic is to present recent advances in the integrated clinical management and neurorehabilitation for lumbosacral spinal diseases Potential themes could include novel diagnostic tools radioclinical or histopathological classification evaluation strategies treatment approaches and neurological rehabilitation modalities of lumbosacral spinal diseases We hope to provide a platform to deliver novel insights in the following topics but not limited to Etiology and epidemiology of lumbosacral spinal diseases and the associated neurological dysfunctions Radioclinical or histopathological classification of lumbosacral spinal diseases Novel laboratory or radiological diagnostic tools for the evaluation of lumbosacral spinal diseases and the associated neurological dysfunctions Novel therapeutic or rehabilitation approaches for sensorimotor deficiencies neurogenic bladder or gastrointestinal dysfunctions caused by lumbosacral spinal diseases An integrated view or multi disciplinary cooperation for optimizing the management of lumbosacral spinal diseases and the associated neurological dysfunctions Primary spinal cord tumors in children and adults

or metastatic cancer to the spine We welcome submissions of high quality original research articles and reviews

Cumulated Index Medicus ,1995 **Pain Relief through Traditional Chinese Medicine** Naigang Liu,2022-10-10 Do you often suffer stiffness in your neck and shoulders or back pain after sitting for a long time Do your knees ever ache on rainy days Do you experience pain in your back and legs after standing or walking for a long time Bad habits in daily life incorrect posture and long term stress can all lead to pain in various parts of the body and it can often be chronic This not only reduces your quality of life but also affects your state of mind However through early prevention and improvement you can prevent problems before they occur Combining text and illustrations this easy to understand book provides a comprehensive explanation of the causes of pain in the shoulders neck waist legs and knees It offers detailed solutions from Traditional Chinese Medicine according to the various symptoms addressing the individual characteristics of modern physiological pain It also suggests easy and effective methods of pain relief for various parts of the body through simple and easy to use acupressure complemented by a variety of natural and effective TCM treatments such as gua sha cupping and food therapy which can be done at home at any time You will learn about The principles and causes of pain in various parts of the body How to improve your lifestyle habits and prevent chronic pain Commonly used acupressure point locations and TCM massage techniques for pain relief in various parts of the body The two methods of self massage and family assisted massage which benefit the whole family Other complementary physical therapy methods including moxibustion cupping hot compresses health exercises and dietary therapy which can offer all around comfort through natural approaches Professional daily healthcare advice and self assessment methods allowing you to keep abreast of your physical condition and prevent pain

Healing Massage Jennifer Love CMT, NMT, NMTHE,2020-07-14 Healing is in your hands the essential guide to home massage Massage is a powerful tool for soothing and relieving discomfort pain and stress Harness the healing abilities of touch at home with Healing Massage This complete guide can help you treat physical issues like back pain and headaches as well as mental health ailments like anxiety and depression Discover a variety of proven techniques to help your loved ones manage symptoms and relieve pain Swedish trigger point therapy sports acupressure and more Pick up practical information like how much pressure to apply how to adjust your massage for recipients of all ages and tips for addressing chronic pain Then dive into specialized techniques for specific ailments so you can start the healing journey Healing Massage features The power of touch Find soothing ways to heal everything from tense shoulders tight hips and carpal tunnel syndrome to digestive issues insomnia eyestrain and anxiety Step by step guidance Follow clear detailed instructions for home application of each technique with illustrations to guide you Beyond massage Enhance and extend the healing benefits through aromatherapy application of heat and ice and simple lifestyle changes Unlock the healing power of touch in the comfort of your own home with Healing Massage **New Strategies for Pain Relief** Charles Soupios,2016-03-22 This book combines various massage techniques with Chinese Qi Gong routines The objective is to protect a therapist s joints and body while

enhancing the therapy for his or her clients The effects of the therapy are time tested and well received by clients who are relieved from their pain **Chinese Massage Therapy** ,1983 *The Massage Therapy of Traditional Chinese Medicine*
Xizhen Cao,1985 Healing Massage Techniques Frances M. Tappan,Frances Tappan,1980

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