

Venue:	Doody's Book Review Service
Title:	Book Review: Understanding yoga therapy: applied philosophy and science for health and well-being, Marlysa Sullivan, et al.
Date:	2020
Type:	Book Review
Author(s)/ Presenter(s):	Spring Saldana
Abstract (or Book Review):	<p>Description</p> <p>This book covers hospital-based massage therapy and provides an introduction for massage therapists desiring to get into hospital-based massage. The first edition was published in 2004.</p> <p>Purpose</p> <p>The purpose is to provide updated research on the effects of massage therapy in the hospital setting (e.g., medications, clinical information, and current infection control practices). Given that the first edition is over 16 years old, this edition is needed to incorporate new research.</p> <p>Audience</p> <p>The audience is students and current licensed massage therapists. The book targets massage therapists who desire to work with patients in a hospital-based setting. The authors are highly credible authorities. Gayle MacDonald, a massage therapist since 1989, has taught oncology massage for over 25 years. Carolyn Tague studied with Gayle MacDonald in 2005 and has taught hospital-based integrative medicine for six years.</p> <p>Features</p> <p>The book discusses the importance and relevance of massage therapy in hospitals, covering topics such as clinical considerations, conditions and diseases massage therapists may encounter, pharmaceutical factors, and local and absolute contraindications to consider when working with hospital patients. The book includes more than adequate research on the benefits of massage therapy, especially for anxiety and pain management, as well as a clear framework for hospital-based massage. The only shortcomings are the dated images. More contemporary photos would be a wonderful addition.</p>

Assessment

This is a wonderful, comprehensive introduction to hospital-based massage. It provides more than adequate information and education for any massage therapist desiring to work in a hospital-based setting. Due to the updated research on massage therapy, especially in the areas of anxiety and pain management, this edition was absolutely needed.