

## **Oncology Massage - An Integrative Approach to Cancer Care**

*By Janet Penny  
and Rebecca L  
Sturgeon*

Oncology Massage is a reference and learning tool

which provides experienced and inexperienced massage therapists with a resource to expand their knowledge and understanding of working with people with cancer.

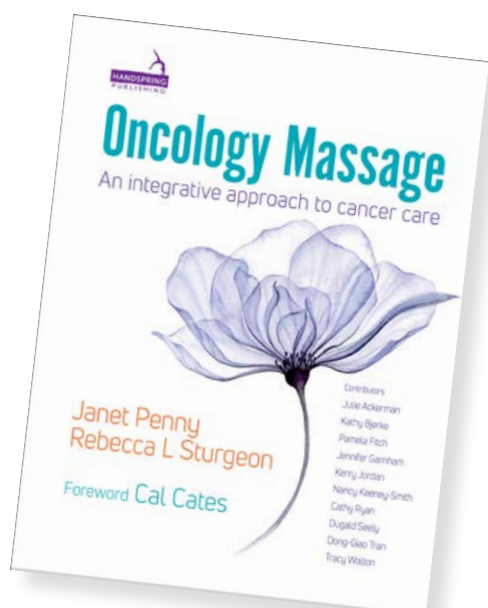
The commonality of cancer occurrence and survivorship mean that all massage therapists will work with clients who have been through cancer treatment. The short term and long term effects of biomedical cancer treatment require massage therapy adaptations to provide safe and effective treatments.

Through use of plentiful illustrations and information boxes, this beautifully formatted book considers the following aspects of massage therapy with patients undergoing or recovering from cancer treatment:

- Massage therapy treatment planning based on the physiology of cancer and cancer treatments
- Critical, thoughtful treatment decision making
- Consideration of the psychosocial effects of cancer
- Enhancing therapist self-awareness and building a therapeutic relationship

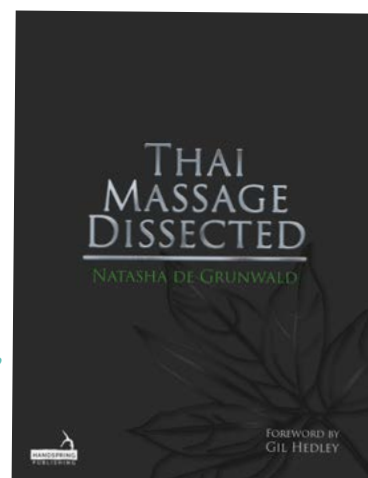
This book is available through the Handspring website with a Special 15% Discount for Massage World readers just Use code mw15 at checkout. Free shipping in the UK

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## **Thai Massage Dissected**

*By Natasha de  
Grunwald*



Written by the UK's leading teacher and practitioner Natasha de Grunwald, a pioneer of Thai massage and bodywork for 30 years.

Thai Massage Dissected is a book aimed at massage therapists, yoga teachers, physiotherapists, osteopaths and all manual therapists who want to expand their therapeutic approach and are curious to learn about the body from a Thai anatomy and dissection perspective.

Therapeutic Thai massage and bodywork is a rich and diverse modality, so much more than the stretching and deep tissue work for which it is known. The book provides a richly curated combination of tools, techniques and protocols that will enhance all practitioners' skill sets. Natasha discusses the roots of this modality as Buddhist medicine, the five element system, the use of therapeutic herbs and Thai anatomy, whilst also writing about concepts such as proprioception and interoception. There is an additional chapter looking at traditional healthcare practices for women, informed by her time spent with village midwives on the Thai/Burmese border.

Natasha de Grunwald uses imagery from many hours spent in a cadaver lab to describe anatomical, textural layers and structures, bringing human form to life. She consolidates this with a therapeutic perspective on Thai medical theory and how Thai massage and bodywork can be carried out in a clinical setting. This comes from her extensive research, studies and knowledge spanning over three decades.

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