Library of Congress Headings

<table>
<thead>
<tr>
<th>Call Number</th>
<th>Subject Heading</th>
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<tbody>
<tr>
<td>RA780.5</td>
<td>Personal health and hygiene</td>
</tr>
<tr>
<td>RM695-893</td>
<td>Physical medicine. Physical therapy including massage</td>
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Books in the Library Collection

<table>
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<tr>
<th>CALL NUMBER</th>
<th>TITLE</th>
<th>AUTHOR</th>
<th>COPIES</th>
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<tr>
<td>RA 780.5 .H37 1992</td>
<td>The complete body massage : a hands-on manual</td>
<td>Harrold, Fiona.</td>
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<tr>
<td>RA 780.5 .R674 2007</td>
<td>Marketing massage : from first job to dream practice</td>
<td>Roseberry, Monica.</td>
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<td>RB 111 .S29 2004</td>
<td>Mosby's pathology for massage therapists</td>
<td>Salvo, Susan G.</td>
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<td>RM 721 .H68 2004</td>
<td>Hot stone massage</td>
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<td>RM 721 .M3 1998</td>
<td>Massage for sports health care</td>
<td>Capellini, Steve.</td>
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<td>RM 722 .C37 2006</td>
<td>Massage therapy career guide for hands-on success</td>
<td>Capellini, Steve.</td>
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<td>RM 723.E8 E82 2003</td>
<td>Esalen massage [videorecording] / produced by</td>
<td>Looking Glass Productions, Inc. in association with SLP Productions, Inc.</td>
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Magazines/Journals/Periodicals

Massage Magazine

http://www.massagemag.com/

Body Sense Magazine

http://www.bodysensemagazine.com/
Definition of Massage and Massage Therapy

Therapeutic massage involves the manipulation of the soft tissue structures of the body to prevent and alleviate pain, discomfort, muscle spasm, and stress; and, to promote health and wellness. AMTA defines Massage as, "a manual soft tissue manipulation that includes holding, causing movement, and/or applying pressure to the body."

Massage therapy is "a profession in which the practitioner applies manual techniques, and may apply adjunctive therapies, with the intention of positively affecting the health and well-being of the client." (AMTA)

Massage therapy improves functioning of the circulatory, lymphatic, muscular, skeletal, and nervous systems and may improve the rate at which the body recovers from injury and illness. Massage involves holding, causing movement of soft tissue, and/or applying pressure to the body.

Massage comes in many forms, including:

Swedish a gentle, relaxing massage;

Pressure point therapy for certain conditions or injuries; and Sports massage which focuses on muscle groups relevant to the particular sport.
Online Resources

Associations

American Medical Massage Association

http://www.amtamassage.org/index.html

American Massage Therapy Association: California Chapter

http://www.amta-ca.org/

Listing of many associations that pertain to Massage Therapy


Massage Therapy Jobs

Massage Jobs Listings (US)

http://www.massagejobs.com/aboutMassageJobs.shtml

Monster.com Job Profile for Massage Therapist (including job listings)

http://jobprofiles.monster.com/Content/job_content/JC_health_care/JSC_HealthDiagnosingandTreatingPractitionersOther/JOB_MassageTherapist/jobzilla_html

Find Touch - Premier massage therapy jobs community for massage therapists and massage employers

http://www.findtouch.com/

Massage Therapist Jobs at www.indeed.com

http://www.indeed.com/q-Massage-Therapist-jobs.html

California Massage Therapist Jobs

http://www.massagetherapistjobs.com/california.cfm