



Healing Massage: A Simple Approach (Nurse As Healer Series.)

Marsha Jelonek Walker, Jonathan D. Walker

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A series of brief healing message routines highlight this book. It includes step-by-step and visual instructions for a one-minute foot massage, a three-minute should rub, plus short routines using lotion for back, shoulders, neck and feet. The focus is on massage scenarios that can be realistically incorporated into a nurse's busy schedule. The authors address the role that message can play in facilitating well-being and healing, and offer explanations for the links between thoughts, feelings and stress, and how they affect body tension. Massage is discussed for patients with a variety of health conditions.

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