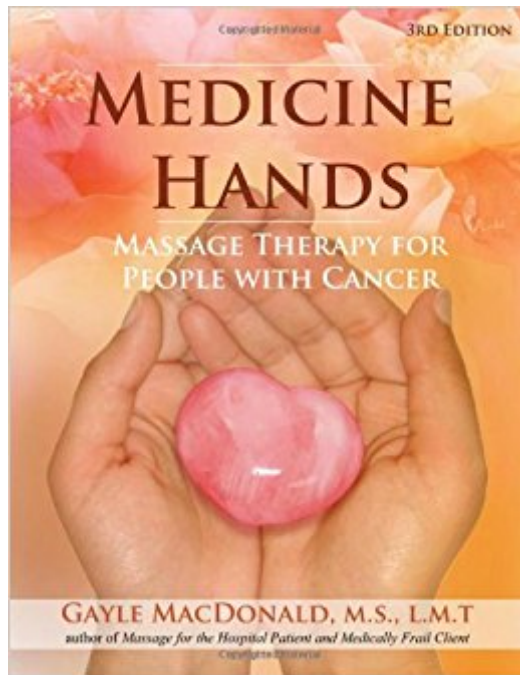




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# Medicine Hands: Massage Therapy For People With Cancer



## Synopsis

A practical book written for both health professionals and the layperson, this newly revised guide deconstructs common myths about the use of massage in cancer treatment. Reviewing literature that shows cancer to be caused by genetic mutation and the influence of hormones, the opening discussion emphasizes that mechanical action such as massage does not break tumors open or cause them to spread. The book purports that the real medical issues for massage therapists center on ameliorating the discomfort of treatments such as chemotherapy, radiation, and surgery. The topics covered include massage in hospitals, in respite care, for the dying, and for exhausted caregivers, with appendices summarizing research on oncology patients and massage. Charts for the adjustment of massage techniques according to the treatment a patient is undergoing are also included.

3rd edition changes: The field of oncology massage is maturing into a discipline with a deeper and deeper body of knowledge. The 3rd edition of *Medicine Hands* reflects this maturation. Every chapter contains updated information and insights into massaging people affected by cancer. New chapters have been added to cover each stage of the cancer experience: treatment, recovery, survivorship, side effects from the disease, and end of life. These new chapters and organizational structure will make it easier for the reader to find the information needed to plan the massage session for a given client. As well, a new chapter has been added that focuses on the Pressure/Site/Positioning framework. This is the clinical framework around which the massage session is planned. The scientific research on the effects of massage for people with cancer is updated to 2013. New in the 3rd edition is material devoted to massaging young adult survivors, the person with breast reconstruction, cording, and late effects as well as thoughts for therapists and clients who are considering the use of massage as part of a detoxification process. All of the features most enjoyed by past readers have been retained—the inspirational sidebar quotes, client and therapist anecdotes, info boxes, and therapists questions and answers. To augment the learning process, written exercises have been added for student therapists and all of those who want to participate in their own learning. As well, sample session write-ups have been included to show the reader the variety of touch modalities that can be used to for people living with cancer. Finally, the 3rd edition will be full color with new color photographs.

## Book Information

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## Customer Reviews

This is the definitive text, IMHO, for all issues concerning the pairing of cancer and massage therapy. The industry term is "oncology massage", but this book deals with so much more than those two words imply. For starters, "oncology" is used to describe any client who has, is being treated for, or has ever had cancer. And "massage" refers to a variety of bodywork modalities. This book is exhaustive in its thoroughness, but it's also very interesting and easy to read. I also like the personal testimonies of massage therapists who have chosen to work with cancer patients and survivors.

I am a Licensed Massage Therapist, I purchased this book for an Intro to Oncology Massage class I was taking. This book is great, it breaks down the topics you deal with in Oncology Massage into easily digestible chapters. I found it to be very informative and easy to follow. There are personal stories from other therapists included which I enjoyed reading. I have already gone back to this book multiple times when Oncology related questions have arose. If you are interested in getting into Oncology Massage this would be a good book to look through to see what to expect. If you are already a practicing provider it is a great resource to have on your shelf.

Good information put together in an interesting and thoughtful manner. This book has the potential to rearrange your thoughts and emotions regarding massage work. It is different than school taught us; this is caring and massage at its best.

Gayle's book is by my side as I massage clients with cancer diagnosis in hospital, hospice, and palliative care. It's in my massage office and goes "on the road" with me when I make home visits.

This is the "go to" oncology massage resource for Massage Therapists at Wellspring Journey Project.

This book is invaluable! I am just getting into Oncology Massage and have already referred to this book numerous times. I also took Gayle MacDonald's class "Massage for People Living with Cancer". Her teaching/instruction go hand and hand with the text book. I will admit, I also purchased a medical dictionary to help understand the terminology.

What a jewel this book is for the practicing oncology MT. I find myself referring back to this frequently to sharpen my skills.

Gayle MacDonald has forged a path into the realm of Cancer and Massage with great care, consideration and research! This book is a must for those looking to help people living with cancer, to be able to work from a well informed and confident place.

A very sensitive, loving and caring manual for all people who want to reach out and touch the hearts of those in need. Not just a manual for Massage Therapists but also those seeking direction in research material and resources. Medicine Hands is truly an labor of love.

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