

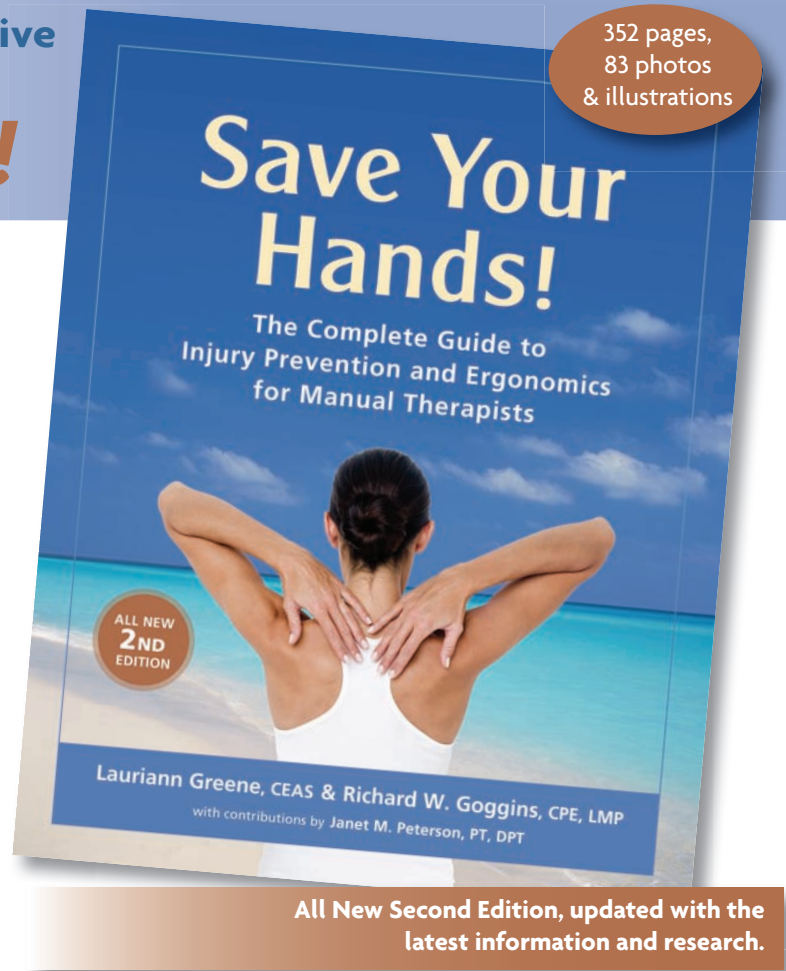
Arm yourself with the comprehensive information you need to . . .

Save Your Hands!

The physically demanding work manual therapists do puts them at risk for musculoskeletal injury. But injury is not inevitable. *Save Your Hands!* 2nd Edition gives manual therapists the proven injury prevention and ergonomics strategies and tips they need to protect their health and safeguard their careers.

In an accessible, richly-illustrated format, *Save Your Hands!* shows you how to:

- Design your treatment space so you can work safely and efficiently
- Find alternative techniques to protect vulnerable parts of your body
- Use good body mechanics to work with less physical stress and greater comfort
- Stay in shape with a physical conditioning program developed specifically for manual therapists
- Recognize early symptoms and address them effectively before they lead to injury.



Whether you are a student or an experienced practitioner in any of the hands-on health professions, this indispensable guide offers the practical advice you need to save not only your hands, but also your back, neck, shoulders and emotional well-being throughout a long, healthy career.

Leading experts and educators agree:

“Save Your Hands! should be required reading for every manual therapist.”

“We’ve used *Save Your Hands!* in our program for many years. This expanded edition contains a wealth of accessible and well-illustrated career-extending, even career-saving, knowledge and advice regarding injury prevention strategies, ergonomics, conditioning, and other topics of critical importance for students and practitioners of massage therapy.” – **Lucy Liben, MS, LMT**, Dean for Massage Therapy, Swedish Institute of Health Sciences, NYC

“I recommend to each of my PTA and massage therapy students to invest in this book and add it to their tool box.” – **Ashlee Esplen, PTA, MS, CMT**, Associate Professor, ACCE PTA Program, Massage Therapy Program Coordinator, Butler County Community College

“*Save Your Hands!* has been a required textbook in our core curriculum for nearly a decade. It is a “must read” for all massage students and practicing therapists to ensure injury-free longevity in their field.” – **Mary McDaniel, LMT**, Academic Director, Cumberland Institute of Holistic Therapies

“(*Save Your Hands!*) is an excellent work that should be required reading for every manual therapist, in or out of training. Furthermore, I think many other professionals including physicians, nurses, chiropractors, DOs and others ought to be familiar with its contents. I wholeheartedly endorse the book—it is a unique and valuable resource.”

– **Emil Pascarelli, MD**, author, *Dr. Pascarelli’s Complete Guide to Repetitive Strain Injury*, Emeritus Professor of Clinical Medicine, Columbia University

“If this book does not help you prevent injuries as a manual therapist, nothing will. As one of the largest employers of manual therapists worldwide, the spa industry has unfortunately experienced many such injuries. If the advice in this volume were practiced industry-wide, it would save untold suffering, prolong thousands of careers and save spas a bundle in the bargain. Well done.”

– **Steve Capellini, LMT**, spa educator and author of *Massage Therapy Career Guide* and *The Royal Treatment*

“*Save Your Hands!* provides excellent practical suggestions for improving safety of the provision of manual therapy services. The authors have been thoughtful and comprehensive in their approach and provide valuable information to the practitioner. . .”

– **Jeff Lau, PT, DPT, OCS, CMPT**, Program Director, PTA program, Provo College, Utah

“Employers in the spa industry have been in need of a guide to help them retain and care for highly skilled therapists as well as to reduce worker’s compensation claims. My hope is that this text will be part of every massage school and training program and in the office of every employer of massage therapists.” – **Seraphina L. Ashe, LMT**, Spa Treatment Manager, The Spa at Sea Island, Georgia

“Quite simply, the book is excellently conceived and constructed, and is very well presented, and I highly recommend it.”

– **Leon Chaitow, ND, DO**, author, Honorary Fellow, University of Westminster, London

Learn proven methods to keep injury from interfering with your career.

At long last, here is a book manual therapists can rely on to help them avoid the symptoms and injuries that hands-on healthcare professionals often encounter. *Save Your Hands!* has been totally rewritten and updated in a Second Edition that is broad in its scope and authoritative in its information. In *Save Your Hands!*, you'll find a positive, proactive approach to injury prevention, with scores of practical tips and real-life suggestions you can use every day to increase your comfort and safety on the job, enhance your practice and prolong your career.

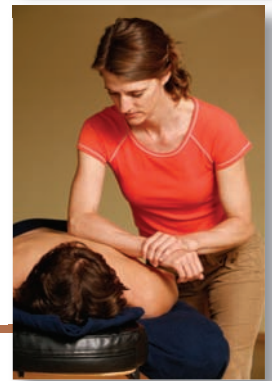
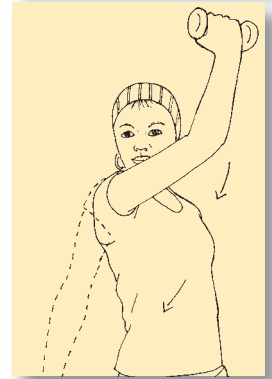
Important information for massage therapists, physical therapists, physical therapist assistants, occupational therapists, hand therapists, chiropractors, osteopaths, nurses and athletic trainers.

About the Authors:

Lauriann Greene, CEAS, wrote the acclaimed first edition of *Save Your Hands!* in 1995. Since then, she has published numerous articles, co-authored the first comprehensive statistical study on injury among massage therapists (with Richard Goggins), and performed injury prevention workshops for manual therapists across North America.

Richard W. Goggins, CPE, LMP, is a senior-level ergonomist with the Washington Department of Labor & Industries. As a Certified Professional Ergonomist, he has spent more than 17 years working with business owners and employees to prevent injuries in a wide variety of industries. He is also a Licensed Massage Practitioner.

Conditioning chapter and Foreword by Janet M. Peterson, PT, DPT, Member Board of Directors, APTA
Foreword by Ben E. Benjamin, PhD, author and founder of the Muscular Therapy Institute, Cambridge, Mass.



Order *Save Your Hands!*

Softcover, 352 pages, 83 photos & illustrations • Published by Body of Work Books

ISBN: 978-0-9679549-1-2 • Retail price: \$39.95 U.S.

Bulk, school and institutional discounts available.

Visit our Web site at: www.SaveYourHands.com

ORDER FORM

Please send _____ copies of *Save Your Hands!* at \$ _____ each = \$ _____

My check or money order for \$ _____ is enclosed (payable to Body of Work Books)

Please charge my: Visa MasterCard American Express (fill in card info below)

Shipping: \$7.00 for 1st copy, \$1.50 each additional copy. 10+ copies: contact us for a shipping quote.

Shipping is by FedEx Ground, allow 5-7 days for delivery. Florida shipping addresses: add 6% sales tax.

Pricing: 1-4 books: \$39.95

5-9 books: \$29.95 (25% off)

10+ books: \$23.95 (40% off)

✉: order@saveyourhands.com

☎: 1-877-424-0994

☎: 1-253-423-5316

✉: Body of Work Books,
4799 Coconut Creek Pkwy, #125,
Coconut Creek, FL 33063, USA

Name _____ Position _____ Company/Organization _____

Shipping Address _____ Zip Code _____

City _____ State/Province _____ Country _____

Phone _____ Email (required for correspondence) _____

Name on Card _____ Credit Card # _____

Exp. Date ____/____/____ CVV (3 or 4 digits on card) _____ Cardholder's Signature _____

Credit card billing address (if different than shipping address): _____