**Beard’s Massage Principles and Practice of Soft Tissue Manipulations 5th Edition**  
By Giovanni De Domenico  
Published by Saunders Elsevier  
RRP US$49.95

This textbook and accompanying DVD gives a easy to understand and informative insight to soft tissue manipulations. Developed from Gertrude Beard’s work it provides both a theoretical and practical framework.

De Domenico starts with a brief overview of the history of massage, the requirements of soft tissue manipulations, fundamental anatomical terms and landmarks, and basic massage strokes, before giving step-by-step guides showing general, local and focal massage sequences.

From there De Domenico develops the text by discussing massage for a range of special populations and explores connective tissue massage, decongestive therapy for lymphoedema, palliative care massage, infant and baby massage and massage in sports.

The text and DVD provide a user-friendly reference to soft tissue manipulations and is a great resource for students and teachers of massage.  
*Reviewed by Nerissa Morley*

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**Remedial Massage Therapist Hydrotherapy Theory and Technique**  
3rd Edition  
By Patrick Barron  
Published by Pine Island Publishers  
RRP US$21.95

This text provides a complete and concise review of both the science and practice of hydrotherapy.  
It touches on the history of hydrotherapy from ancient to modern times, its use in remedial application as well as its use within the day spa industry. It is well set out with chapters that include in-depth information on thermodynamics, properties of water, and the physiology of the human body.

The anatomy and physiology sections target some essential areas of the body including circulatory, nervous, endocrine, integumentary, digestive and muscular systems. These areas are covered at a level of knowledge that would be undertaken at diploma level, which could seem daunting to certificate level readers but Barron has summarised each of these so readers are not flummoxed by science and can readily understand concepts and how hydrotherapy applies to each system.

Those who like to dive into the physiology of both the body and the general science of thermodynamics will enjoy the writer’s style. He covers effects of heat and cold at both local and systemic levels. He also covers reflex effects and the contrast and comparison of heat versus cold with a hypothesis on the choice of modality.

The rest of the book is broken into therapeutic techniques and procedures used by remedial therapists, massage therapists and people trained in day spas. Each treatment option comes with a photo depicting the equipment used. Treatments include local applications, rubs and inhalations. Spa techniques include baths, ablations, showers, wraps and masks which include mud, sea salt solutions and floatation tanks. It also covers the use of alternate options such as balneotherapy (application of mineral water) and peloids which are derived from substances originating from biological and geological processes.

Treatment for fever is mentioned with an easy to read chart for heat elimination or production and principles of management.

This is an easy-to-read book which would suit therapists who wish to add hydrotherapy to their skill set.  
*Reviewed by Paula Nutting*

AAMT Queensland Division President