

A holistic approach to healing and preventing work-related injuries for the massage therapist professional

Summary

"Creating Peace with Your Hands: The Therapist's Survival Guide for a Healthy Career" by Karina Braun, BAAS, LMT, invites massage therapist professionals to consider their own health and well-being as they work on others.

Body

Jacksonville, FL February 7, 2011 -- Imagine giving your clients massage therapy and bodywork all day, and you're the one, the massage therapist, that gets injured. That's author Karina Braun's experience in "Creating Peace with Your Hands: The Therapist's Survival Guide for a Healthy Career" (ISBN 978-0-9816199-1-0), a personal account of her experience with a work-related injury. She experienced an injury to both her ankles and lumbar spine while performing barefoot compression massage, an injury that took three years to recover from. This experience led her to write a book to help others going through the pain and suffering and hopefully to help others prevent themselves or lessen the chances of a prolong injury due to performing massage therapy on their clients.

Not only is the book about prevention but also a step-by-step guide on what to do if an injury occurs.

Braun seamlessly weaves her personal experiences with a spiritual-practice, holistic approach to prevention and healing. Themes such as yoga, Chinese medicine, and nutrition are important according to Braun to maintain balance to help speed up healing. According to Journal of Bodywork and Movement Therapies, bodyworkers and massage therapists suffer from a high rate of work-related injuries; approximately 78% percent of them have had a work-related injury at least once in their career.

Readers are invited to consider that bodyworkers are like athletes requiring endurance and strength to do the physical work required to perform massage therapy and bodywork. Every chapter in this 200-page book contains prevention tips as well as illustrations for corrective techniques. *Creating Peace with Your Hands* is an inspiring and essential book for each student and experienced bodyworker.

Conclusion

The author states that there are more expectations placed on bodyworkers as well as demands placed by message therapy schools. Consequently, the risks of injury on message therapist professionals have escalated.

"Creating Peace with Your Hands offers a candid depict of how we, as caregivers and healers, injure our own bodies by neglecting the basic principles of body mechanics. I found Karina's book both enlightening and educational. I would highly recommend this book to all who venture into the healing domain."

--Deb Lazarski, PT

As its subtitle suggests, this book offers a holistic approach for a healthy career in bodywork.

You may obtain *Creating Peace with Your Hands* directly from the publisher for \$29.95 plus shipping (add \$2.46 sales tax if shipped to Nevada addresses). This book can also be ordered as a home study course for 12 NCBTMB CE Hours for \$125.00. Please contact CREATE PEACE PUBLISHING, 647 N Pueblo Blvd, Henderson, NV 89015. Tel: 702-576-3288.
www.igetintouch.com.

About the Author:

Karina Braun has been in the massage therapy field for 14 years and is very knowledgeable with repetitive strain syndrome. She has a passion for body mechanics, education and the prevention of injury for all bodyworkers.

MEDIA CONTACT:

Name

Email:

Phone:

Website:

REVIEW COPIES AND INTERVIEWS AVAILABLE

###