

## **APPENDIX: RESOURCE LIST**

### **BIBLIOGRAPHY AND RECOMMENDED READING**

Anderson and Hall *Fundamentals of Sports Injury Management* Williams and Wilkins [1997]

Maryland, USA

Apley and Solomon *Physical Examination in Orthopaedics* Butterworth Heinemann [1997]

Oxford, UK

Prentice *Arnheim's Principles of Athletic Training 11<sup>th</sup> edition* McGraw-Hill [2003] New York,

USA

Austin, Gwynn-Brett and Marshall *Illustrated Guide to Taping Techniques* Wolfe [1994]

London, UK

Bird and Smith *Exercise Benefits and Prescription* Stanley Thornes [1998] UK

Briggs *Sports Therapy: Theoretical and Practical Thoughts and Considerations* Corpus

Publishing [2001] Chichester, UK

Bruckner and Khan *Clinical Sports Medicine 2<sup>nd</sup> edition* McGraw-Hill [2001] Australia

Cameron *Physical Agents in Rehabilitation: From Research to Practice* WB Saunders [1999]

USA

Cash *Sports and Remedial Massage Therapy* Ebury Press [1996] London, UK

Cassar *Handbook of Massage Therapy* Butterworth Heinemann [1999] Oxford, UK

Chaitow *Muscle Energy Techniques* Churchill Livingstone [1996] Edinburgh, UK

Chaitow *Neuromuscular Techniques* Churchill Livingstone [1997] Edinburgh, UK

Chaitow *Positional Release Techniques 2<sup>nd</sup> edition* Churchill Livingstone [2002] Edinburgh,

UK

Davis, Bull, Roscoe and Roscoe *Physical education and the study of sport* Wolfe [1991] UK

Delavier *Strength Training Anatomy* Human Kinetics [2001] USA

Delavier *Women's Strength Training Anatomy* Human Kinetics [2003] USA

Dick *Sports Training Principles 4<sup>th</sup> edition* A and C Black [2002] London, UK

Durstine and Moore *ACSM's Exercise Management for Persons with Chronic Diseases and*

*Disabilities 2<sup>nd</sup> edition* Human Kinetics [2003] USA

Fox and Pritchard *Anatomy, Physiology and Pathology for the Massage Therapist* Corpus

Publishing [2001] Chichester, UK

- Fritz Mosby's *Fundamentals of Massage Therapy* 2<sup>nd</sup> edition Mosby [2000] Missouri, UK
- Goldenberg and Twist *Strength Ball Training: 69 Exercises using Swiss Balls and Medicine Balls* Human Kinetics [2002] USA
- Greenman *Principles of Manual Medicine* 2<sup>nd</sup> edition Williams and Wilkins [1996] Maryland, USA
- Hall and Brady *Therapeutic Exercise: Moving Toward Function* Lippincott, Williams and Wilkins [1999] Philadelphia, USA
- Heyward *Advanced fitness assessment and exercise prescription* 2<sup>nd</sup> edition Human Kinetics [1991] IL, USA
- Hudson *Sports Therapy: A Practical Approach* Stanley Thornes [1998] UK
- King *Performance Massage* Human Kinetics [1993] IL, USA
- Kisner and Colby *Therapeutic Exercise: Foundations and Techniques* FA Davis [1996] Philadelphia, USA
- Lawrence *The Complete Guide to Core Stability* A and C Black [2003] London, UK
- Le Quesne *Nutrition* Thomson Learning [2003] London, UK
- McGuinness *Holistic Therapies* Hodder and Stoughton [2000] London, UK
- McArdle, Katch and Katch *Exercise Physiology: Energy, Nutrition, and Human Performance* 5<sup>th</sup> edition Lippincott, Williams and Wilkins [2001] USA
- McLatchie, Harries, King and Williams *ABC of Sports Medicine* BMJ Publishing Group [1995] London, UK
- Mellion *Sports Medicine Secrets* Hanley and Belfus [1994] Philadelphia, USA
- Micheli and Jenkins *The Sports Medicine Bible* HarperCollins [1995] New York, USA
- Mills and Parker-Bennett *Sports Massage* Heinemann [2004] UK
- Moffat and Mottram *Anatomy and Physiology for Physiotherapists* Blackwell Scientific Publications [1987] UK
- Nordmann et al *Professional Beauty Therapy* Thomson Learning [2001] London, UK
- Olson *ADAM Student Atlas of Anatomy* Lippincott, Williams and Wilkins [1996] USA
- Paine *The Complete Guide to Sports Massage* A and C Black [2003] London, UK
- Palmer and Epler *Fundamentals of Musculoskeletal Assessment Techniques* 2nd edition Lippincott-Raven [1998] Philadelphia, USA

- Parsons *An Holistic Guide to Anatomy and Physiology* Thomson Learning [2002] London, UK
- Peterson and Renstrom *Sports Injuries* Martin Dunitz [1986] London, UK
- Petty and Moore *Neuromusculoskeletal Examination and Assessment: A Handbook for Therapists 2<sup>nd</sup> edition* Churchill Livingstone [2001] UK
- Prentice *Rehabilitation Techniques in Sports Medicine 3<sup>rd</sup> edition* McGraw-Hill [1999] USA
- Ross and Wilson *Anatomy and Physiology in Health and Illness 8<sup>th</sup> edition* Churchill Livingstone [1996] UK
- Rosser *Sports Therapy: An introduction to theory and practice* Hodder and Staughton [1997] London, UK
- Safran, Stone and Zachazewski *Instructions for Sports Medicine Patients* Saunders [2003] USA
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- Tortora and Grabowski *Principles of Anatomy and Physiology 8th edition* HarperCollins [1996] New York, USA
- Watt *Massage for Sport* Crowood Press [1999] UK
- Werner *A Massage Therapist's Guide to Pathology* Lippincott, Williams and Wilkins [1998] Maryland, USA

## **HANDS-ON SPORTS THERAPY**

### ***Useful Contacts***

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#### **Data Protection Agency**

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[www.dataprotection.gov.uk](http://www.dataprotection.gov.uk)

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[www.fht.org.uk](http://www.fht.org.uk)

#### **Fitness Professionals Ltd [Fit Pro]**

Kalbarri House

107-113 London Road

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Tel: 08705 133 434

[www.fitpro.com](http://www.fitpro.com)

**Focus Training Ltd**

5 Cannons Court

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[www.focus-training.com](http://www.focus-training.com)

**ILAM [Institute of Leisure and Amenity Management]**

ILAM House

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[www.ilam.co.uk](http://www.ilam.co.uk)

**Institute for Optimum Nutrition**

Blades Court

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[www.ion.ac.uk](http://www.ion.ac.uk)

**International Therapy Education Council [ITEC]**

4 Heathfield Terrace

Chiswick

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Tel 020 8994 4141

[www.itecworld.co.uk](http://www.itecworld.co.uk)

**London School of Sports Massage**

28 Station Parade

Willesden Green

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NW2 4NX

Tel: 020 8452 8855

[www.lssm.com](http://www.lssm.com)

**Northern Institute of Massage**

14-16 St Mary's Place

Bury

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Tel: 0161 797 1800

[www.nim56.co.uk](http://www.nim56.co.uk)

**Premier Training and Development Ltd**

Parade House

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Trowbridge

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Tel: 01225 353574

[www.premierglobal.co.uk](http://www.premierglobal.co.uk)

**Sports Massage Association**

40 Nottingham Place

London

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Tel: 020 7908 3639

[www.sportsmassageassociation.org](http://www.sportsmassageassociation.org)

**Sports Rehab and Education Services Ltd**

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Glasgow

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**SPRITO [Sport and Recreation Industry Training Organization]**

24-32 Stephenson Way

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[www.sprito.org.uk](http://www.sprito.org.uk)

**The Register of Exercise Professionals [REPS]**

Charter House

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Tel: 02086866464

[www.reps-uk.org](http://www.reps-uk.org)

**The Society of Sports Therapists**

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[www.society-of-sports-therapists.org](http://www.society-of-sports-therapists.org)

**The Wright Foundation**

**[Exercise Referral Training]**

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Tel 01382 451188

[www.wrightfoundation.com](http://www.wrightfoundation.com)

**Vocational Training Charitable Trust [VTCT]**

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[www.vtct.org.uk](http://www.vtct.org.uk)

**YMCA Fitness Industry Training**

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[www.ymcafit.org.uk](http://www.ymcafit.org.uk)



## **Trade Journals and Magazines**

### **International Therapist**

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### **Massage World**

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Tel: 020 7323 5821

### **Peak Performance**

67-71 Goswell Road

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[www.pponline.co.uk](http://www.pponline.co.uk)

### **SportEx**

Centor Publishing Ltd

86 Nelson Rd

Wimbledon

SW19 1HX

Tel: 020 9287 3312

[www.sportex.net](http://www.sportex.net)

## **Trade Suppliers**

### **Allsport Medical**

15-17 The Garrick Centre

Irving Way

London

NW9 6AQ

Tel: 020 8203 1441

[www.allsportmedical.co.uk](http://www.allsportmedical.co.uk)

### **Bodycare Products**

Northfield Road

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Tel: 01926 816 155

[www.bodycare.co.uk](http://www.bodycare.co.uk)

### **JPM Products Ltd**

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[www.jpmpproducts.co.uk](http://www.jpmpproducts.co.uk)

**Physio-Med Services Ltd**

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