



Oregon School of Massage ~ Spring 2017 Book List



CORE CLASSES - REQUIRED TEXTS

Course	Textbook	Author	Price	ISBN#
Anatomy & Physiology - I, II & III	<i>Anatomy & Physiology, 3rd ed.</i>	Premkumar	\$89.95	978-0-7817-5922-6
	<i>Anatomy Coloring Book, 4th ed.</i>	Kapit	\$23.10	978-0-321-83201-6
	<i>API - Recommended: Trail Guide to Movement</i>	Biel	\$45.95	978-0-9914666-2-7
Business of Massage - Introduction	<i>Business Mastery, 5th ed.</i>	Sohnen-Moe	\$35.00	9781882908059
Clinic	<i>Recommended: Save your Hands!</i>	Greene & Goggins	\$39.95	978-0-9679549-1-2
Communication/Ethics	<i>People Skills</i>	Bolton	\$16.00	978-0-671-62248-0
	<i>Educated Heart 4th ed.</i>	McIntosh	\$62.39	978-1-4963-4731-2
Hydrotherapy	<i>Modern Hydrotherapy for the Massage Therapist</i>	Sinclair	\$58.00	978-0-7817-9209-7
Kinesiology Upper & Lower	<i>Trail Guide to the Body 5th ed.</i>	Biel	\$64.95	978-0-9829786-5-8
	<i>Recommended: Trail Guide Student Workbook, 5th ed.</i>	Biel	\$24.95	978-0-9829786-6-5
	<i>Recommended: Trail Guide to Movement</i>	Biel	\$45.95	978-0-9914666-2-7
Massage Fundamentals	<i>OSM Healing Massage Techniques or</i>	Pearson Custom Library	\$60.00	1-323-34918-9
	<i>Tappan's Handbook of Massage Therapy, 6th ed.</i>	Benjamin	\$98.95	978-013408-2691
	<i>Trail Guide to the Body 5th ed.</i>	Biel	\$64.95	978-0-9829786-5-8
Massage Upper and Massage Lower	<i>OSM Healing Massage Techniques or</i>	Pearson Custom Library	\$60.00	1-323-34918-9
	<i>Tappan's Handbook of Massage Therapy, 6th ed.</i>	Benjamin	\$98.95	978-013408-2691
	<i>Trail Guide to the Body 5th ed.</i>	Biel	\$64.95	978-0-9829786-5-8
Massage Assessment & Application	<i>Clinical Massage Therapy</i>	Rattray & Ludwig	\$99.50	978-0969817710
	<i>Recommended: Hands Heal 4th ed.</i>	Thompson	\$45.00	978-1609133870
Massage Theory	<i>Recommended: Discovering the Body's Wisdom</i>	Knaster	\$22.95	
Palpation Skills	<i>Trail Guide to the Body 5th ed.</i>	Biel	\$64.95	978-0-9829786-5-8
	<i>Recommended: Trail Guide to Movement</i>	Biel	\$45.95	978-0-9914666-2-7
Pathology I & II	<i>Massage Therapists Guide to Pathology 6th ed.</i>	Werner	\$74.00	978-1-4963-1082-8
Shiatsu I & II	<i>Shiatsu I & II: Shiatsu Short Form Handbook</i>	Cleaver	\$20.00	N/A

CE/ELECTIVE CLASSES - REQUIRED & RECOMMENDED TEXTS

Course	Textbook	Author	Price	ISBN#
Active Isolated Stretching	<i>Recommended: Anatomy Trains Trail Guide to the Body 5th ed.</i>	<i>Myers Biel</i>	<i>\$68.95 \$64.95</i>	<i>978-0-7020-4654-4 978-0-9829786-5-8</i>
Building Your Ethical Body	<i>Recommended: Body Mechanics and Self Care Manual Body Lessons</i>	<i>Dixon Dixon</i>	<i>\$57.50 see instructor</i>	<i>0-8385-0747-6 See Instructor</i>
Chiropractic Assistant Certification	<i>Required: Physiotherapy Study Guide</i>	<i>Agresta & McDowell</i>	<i>\$36.00</i>	<i>N/A</i>
Craniosacral Therapy Introduction	<i>Recommended: Myofascial Massage Heart of Listening Vol. 1 & 2</i>	<i>Dixon Milne</i>	<i>\$58.95 \$29.95 & \$35.00</i>	<i>978-0781748322 978-15564327981 / 978-1556432804</i>
Craniosacral Therapy Level 1	<i>Required: Myofascial Massage Recommended: Heart of Listening Vol. 1 & 2</i>	<i>Dixon Milne</i>	<i>\$58.95 \$29.95 & \$35.00</i>	<i>978-0781748322 978-15564327981 / 978-1556432804</i>
Deep Massage - The Lauterstein Method	<i>The Deep Massage Book</i>	<i>Lauterstein</i>	<i>\$39.95</i>	<i>978-0967303482</i>
Ethical Boundary Setting	<i>Recommended: Educated Heart 4th ed.</i>	<i>Day</i>	<i>\$62.39</i>	<i>978-1-4963-4731-2</i>
NMT Intro	<i>Required: Trail Guide to the Body 5th ed.</i>	<i>Biel</i>	<i>\$64.95</i>	<i>978-0-9829786-5-8</i>
Massage & Acupressure for Birth Pregnancy: Mass Fund Pregnacy: New Mother	<i>Recommended: Nurturing Massage for Pregnancy</i>	<i>Stager</i>	<i>\$50.95</i>	<i>978-0-7817-6753-8</i>
Prenatal Bodywork Certificate	<i>Required: Nurturing Massage for Pregnancy</i>	<i>Stager</i>	<i>\$50.95</i>	<i>978-0-9829786-5-8</i>
Shiatsu IV Long Form	<i>Required: Shiatsu Long Form Handbook</i>	<i>Cleaver</i>	<i>\$20.00</i>	<i>N/A</i>
Soft Tissue for CCA	<i>Recommended: Trail Guide 5th Edition</i>	<i>Biel</i>	<i>\$64.95</i>	<i>978-0-9829786-5-8</i>
Tension Headache Treatment	<i>Recommended: Trail Guide 5th Edition; Clinical Massage Therapy</i>	<i>Biel Rattray & Ludwig</i>	<i>\$64.95 \$99.50</i>	<i>978-0-9829786-5-8 978-0969817710</i>
TMD Paitents	<i>Recommended: Body Mechanics and Self Care Manual Myofascial Massage</i>	<i>Dixon Dixon</i>	<i>\$57.50 \$58.95</i>	<i>0-8385-0747-6 978-0-7817-4832-2</i>
Thoracic Outlet Syndrome Treatment	<i>Recommended: Trail Guide 5th Edition; Clinical Massage Therapy</i>	<i>Biel Rattray</i>	<i>\$64.95 \$99.50</i>	<i>978-0-9829786-5-8 978-0969817710</i>