

## Information Resources: Massage Therapy

*This list is intended to provide possible sources of information. Please determine with your instructor which sources are appropriate for your coursework.*

### Databases & Electronic Journals

*Many of these resources provide access to full-text articles, including those which are not available in our print journal collections. An electronic copy of this list with hyperlinks should be available in your massage course listings on Cygnet. If not, please have the instructor arrange to have a current listing added. This list also is available with hyperlinks on the general Cygnet site under Learning Resource Center.*

#### Important messages:

Online access to some journals might not be available due to ongoing subscription changes. Please check with the reference librarian and let him know about these specific problems. This passwords list also is available through your MyNU Student Portal or Faculty Portal using the Database Logins under the Campus Resources menu.

Links are now provided through A-to-Z under Databases on the library webpage for remote (off-campus) access to electronic journals, electronic books and databases which utilize IP address recognition. You should be prompted for a login. You must be registered with this library so that you can use your 14-digit library bar code and your pin number to log in. Contact the library circulation desk if you don't know your pin number.

**Service**      *Alt-HealthWatch* (full-text alternative medicine database)  
Access from **A-to-Z** using link under **Index** in horizontal menu along the top.

**Service**      *Alternative Health News Online*  
**Login Info**    A user name and password are not required. Access at:  
<http://www.altmedicine.com/>

**Service**      *Anatom.TV*  
**Login Info**    A user name and password are not required. Access this website at:  
<http://www.anatomy.tv>

**Service**      *A-to-Z* (service which makes our electronic journals more accessible)  
See **Important Messages** for instructions on access and use.

**Service**      *BioMed Central* (access to free full-text journals)  
**Login Info**    A user name and password are not required. Access at  
<http://www.biomedcentral.com/>

- Service** *Cinahl with Full-Text* (same as above but with full-text access)  
Access from **A-to-Z** using link under **Index** in horizontal menu along the top.
- Service** *Council on Licensure, Enforcement and Regulation (CLEAR)*  
**Login Info** A user name and password are not needed. Access at:  
<http://www.clearhq.org/>
- Service** *Datadiwan* (database of alternative/holistic research in Germany)  
**Login Info** A user name and password are not required. Access at:  
[http://www.datadiwan.de/suche/index\\_e.htm](http://www.datadiwan.de/suche/index_e.htm)
- Service** *Directory of Open Access Journals* (access to free full-text journals)  
**Login Info** A user name and password are not required (IP address recognition). Access at:  
<http://www.doaj.org/> or through PubMed search citations.
- Service** *EbscoHost*  
EbscoHost databases accessible individually from this list include:  
*Academic Search Premier*  
*Alt-HealthWatch*  
*Business Source Elite*  
*Cinahl with Full-Text*  
*Consumer Health Complete*  
*ERIC*  
*Funk & Wagnall's New World Encyclopedia*  
*Health Source-Consumer Edition*  
*Health Source: Nursing/Academic Edition*  
*MasterFILE Premier*  
*Newspaper Source*  
*Professional Development Collection*  
*Regional Business News*  
Access from **A-to-Z** using link under **Index** in horizontal menu along the top.
- Service** *Exercise Library*  
**Login Info** A user name and password are not required. Access this website at:  
<http://www.acefitness.org/getfit/freeexercise.aspx>
- Service** *FirstSearch*  
Access from **A-to-Z** using link under **Index** in horizontal menu along the top.
- Service** *FreeBooks4Doctors.com* (access to free full-text medical books)  
**Login Info** A user name and password are not required. Access this website at:  
<http://www.fb4d.com/>
- Service** *FreeMedical Journals.com* (access to free full-text medical journals)  
**Login Info** A user name and password are not required. Access at  
<http://www.freemedicaljournals.com/>.

- Service** *Gray's Anatomy*  
**Login Info** A user name and password are not required. Access this website at:  
<http://www.bartleby.com/107/>
- Service** *Health Source-Consumer Edition* (full-text database on many health topics)  
 Access from **A-to-Z** using link under **Index** in horizontal menu along the top.
- Service** *Health Source: Nursing/Academic Edition* (database with full-text access to  
 scholarly medical journals)  
 Access from **A-to-Z** using link under **Index** in horizontal menu along the top.
- Service** *HighWire Press* (access to free full-text medical journals)  
**Login Info** A user name and password are not required. Access at:  
<http://highwire.stanford.edu/lists/freart.dtl>
- Service** *Human Anatomy Online*  
**Login Info** A user name and password are not required. Access this website at:  
<http://www.innerbody.com/htm/body.html>
- Service** *Index to Chiropractic Literature*  
**Login Info** A user name and password are not required. Access this database at:  
<http://www.chiroindex.org>
- Service** *Instant Anatomy*  
**Login Info** A user name and password are not required. Access this website at:  
<http://www.instantanatomy.net>
- Service** *Loyola University Medical Education Network's Master Muscle List*  
**Login Info** A user name and password are not required. Access this website at:  
<http://www.meddean.luc.edu/lumen/>
- Service** *Massage Therapy Research Network*  
**Login Info** Registration might be required.  
<http://www.massagenet.org/>
- Service** *Medline*  
**Login Info** See *FirstSearch*, *Ovid Online* or *PubMed* below.
- Service** *National Center for Complementary and Alternative Medicine*  
**Login Info** A user name and password are not required. Access at  
<http://nccam.nih.gov>
- Service** *Natural Medicines Comprehensive Database*  
 Access through title list or search on **A-to-Z**.
- Service** *Natural Standard*  
 Access through title list or search on **A-to-Z**.

- Service** *NetAnatomy*  
**Login Info** A user name and password are not required. Access this website at:  
<http://www.webanatomy.com/>
- Service** *Office of Dietary Supplements*  
**Login Info** A user name and password are not required. Access this database at:  
<http://ods.od.nih.gov/showpage.aspx?pageid=48>
- Service** *Ovid Online*  
 Available resources available through Ovid Online include the following electronic books, journals and databases:  
*Differential Diagnosis and Management for the Chiropractor* (electronic book)  
*Essentials of Skeletal Radiology* (electronic book)  
*Journals@OVID Full Text* (database)  
*Rehabilitation of the Spine* (electronic book)  
*Spine* (electronic journal)  
 Access through title list or search on **A-to-Z**.
- Service** *PEDro* (physiotherapy evidence database)  
**Login Info** A user name and password are not required. Access at  
[www.pedro.org.au](http://www.pedro.org.au)
- Service** *PubMed*  
**Login Info** A user name and password are not needed. Access at:  
<http://www.ncbi.nlm.nih.gov/PubMed/>
- Service** *Study Skills Self-Help Information*  
**Login Info** A user name and password are not required. Access this website at:  
<http://www.ucc.vt.edu/stdysk/stdyhlp.html>

### **Additional Websites related to Massage (commercial):**

- BodyworkBiz (<http://www.bodyworkbiz.com>)
- The Massage Network (<http://massagenetwork.com>)
- Massage & Bodywork Resource Center (<http://massageresource.com>)
- Massage Magazine (<http://www.massagemag.com>)
- Massage on the Web (<http://massageontheweb.com>)
- Massage Therapy Activist's Resource Page  
 ([http://www.ramblemuse.com/articles/masg\\_activist.html](http://www.ramblemuse.com/articles/masg_activist.html))
- National Massage School Directory (<http://www.massage-therapy-schools-directory.com/massage-schools.php>)

**Journals** [This list contains print journal titles held by this library in its journal collection.]

*Journal of Back and Musculoskeletal Rehabilitation*

*Journal of Bodywork and Movement Therapies*

*Journal of Manual & Manipulative Therapy*

*Journal of Manipulative and Physiological Therapeutics*

*Manual Therapy*

*Massage Magazine*

*Massage & Bodywork*

*MTJ (Massage Therapy Journal)*

**Please note that the following journals, books and streaming videos may be accessed electronically through a search on A-to-Z or certain EbscoHost databases:**

*Assessing Movement: What Do You See? What Do You Do About It? [streaming video]*

*California Yoga Groove [streaming video]*

*Cardiovascular, Respiratory and Musculoskeletal Systems [streaming video]*

*Chiropractic and Manual Therapies*

*Circulatory System [streaming video]*

*East-West Breathing: Back Breathing and the Deep Stabilizing System [streaming video]*

*Fascia: the Rising Star in Human Movement [streaming video]*

*Functional Anatomy: Myofascial Slings [streaming video]*

*Health and Stress: the Newsletter of the American Institute of Stress*

*Identifying and Screening Lower-Quadrant Muscle Imbalance [streaming video]*

*Identifying and Screening Upper-Quadrant Muscle Imbalance [streaming video]*

*Indian Journal of Ancient Medicine & Yoga*

*Integumentary System [streaming video]*

*International Journal of Therapeutic Massage & Bodywork*

*International Journal of Yoga*

*International Journal of Yoga Therapy*

*JAMS: Joint Alignment and Muscle Sequencing [streaming video]*

*Journal of Bodywork and Movement Therapies*

*JOY: Journal of Yoga*

*Kinesiology*

*Knot So Stressed [streaming video]*

*Massage*

*Massage & Bodywork*

*Massage Australia*

*MLTJ – Muscles, Ligaments and Tendons Journal*

*Movement Triad [streaming video]*

*Muscles and Movement in 3-D [streaming video]*

*Muscular System [streaming video]*

*Nervous System [streaming video]*

*Proceedings of the World of Aromatherapy (1996-1998 only)*

*Reflexions: the journal of the Reflexology Research Project (1990-2001 only)*

*Scentsitivity: the quarterly journal of the National Association of Holistic Aromatherapy (1991-2000 only)*

*Secrets of Joint Mobility [streaming video]*

*Skeletal System [streaming video]*

*Sports Stretch with a Resist-A-Ball [streaming video]*

*Stress and Health [1-year embargo]*

*Swedish Massage Technique: Therapeutic Applications [streaming video]*

*Yoga International*

*Yoga Journal*

*Yoga-Mimamsa*

*Your Muscles and Bones [streaming video]*

## Monographs

Books on massage might be found in all of our book collections but especially in the general circulating collection, in the reserve collection (textbooks recommended and/or required by instructor) and in our Special Collections area (classic titles; in-library use only).

In general, material on massage will be found in **WB 537 (Massage)** or **WB 535 (Mechanotherapy. Massage, exercise, rest, etc., treated together)**.

Please remember that in addition to the above areas, some books also might be located in other subject areas related to a body region, an activity or a more general subject. Here are some examples:

- Information on **massage for sports injuries** might be located in **QT 260** with other titles on **Athletics** or **Sports**.
- Books on **shiatsu** might be found around within **WB 369** which is normally reserved for **Acupuncture**.
- **Physical Medicine (WB 460)** often contains some **massage**, while **WB 541 (Exercise Therapy)** might include some aspects of **massage related to stretching**.
- Books on **aromatherapy** might be located in **WB 925**, which generally is used for **Herbal Medicine**.
- Some books which include **massage** might be grouped in **WB 890 (Special systems of therapeutics, including alternative medicine)**.
- Books on **reflexotherapy** will be found in **WB 962**.
- Books on **massage for body regions or medical conditions** might be located throughout various subject areas within the collections such as **WE 100 (Musculoskeletal System. General Works)**, **WE 344 (Arthritis)**, **WE 500 (Muscles)**, **WE 550 (Muscular Diseases)**, **WE 755 (Low Back Pain. Sciatica)**, **WE 800 (Extremities)**, **WE 880 (Ankle. Foot, especially foot reflexology)**, **WH 700 (Lymphatic System, especially massage for lymphatic drainage)** and **WM 172 (Anxiety, including massage for stress)**.

You might wish to use the library's online catalog to locate other specialized subject areas.

One final note: books on **basic sciences** aspects are found in subject areas represented by the letter **Q** (e.g., **Physiology**, **Biochemistry** and **Pharmacology** in the listings above), while books on **clinical sciences** aspects are located in subject areas represented by the letter **W** (e.g., **Practice of Medicine** in the listings above).