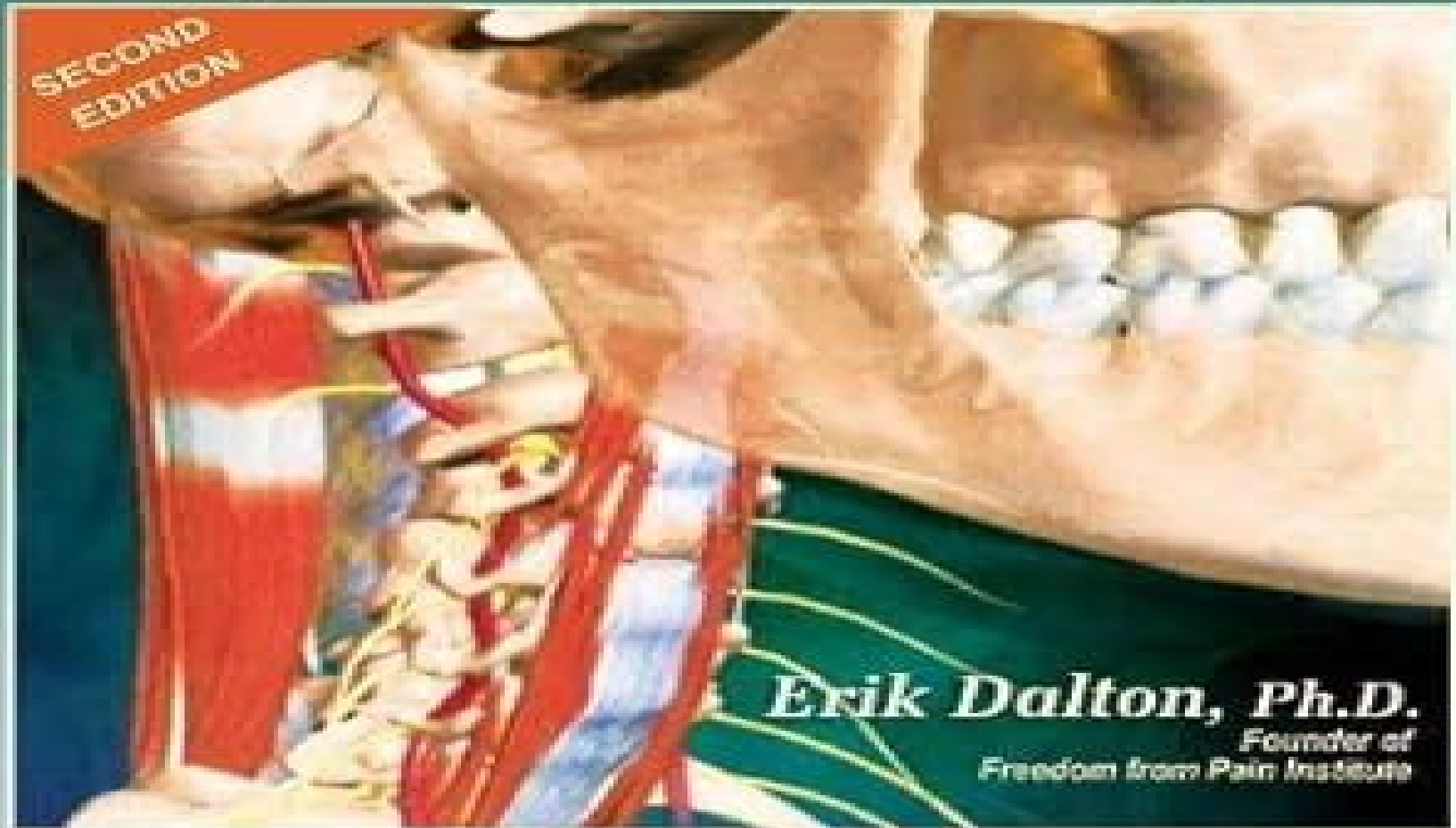


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HEAD, NECK and BACK PAIN

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Advanced Myoskeletal Techniques Erik Dalton, 2005 **Myoskeletal & Sports Therapy** Aubrey Gowing, 2019-05-02

This book on Myoskeletal and Sports therapy techniques represents the culmination of 30 years experience and knowledge combined with tens of thousands of hours of clinical practice Myoskeletal Sports Therapy will help guide you through the assessment process to determine which tests are most relevant to the client's presenting condition and to then accurately interpret the findings of assessment The logical steps to progress through comprehensive treatment protocols are clearly described and illustrated including some of the most beautifully detailed accurately mapped images of the relevant anatomy This text also provides guidelines for assessing treatment outcomes and home retraining exercises The rationale for choosing stretching or strength training for muscles in each area is provided at the end of the treatment chapters This comprehensive approach will help achieve the most beneficial outcomes for clients while providing confidence to the practitioner In his new book Aubrey has found a way to educate both the novice and the experienced bodyworker With a user friendly road map he teaches therapists how to first evaluate a client's strengths and weaknesses then apply Myoskeletal techniques to make lasting changes In these pages Aubrey's own deep experience dedication and passion all shine to the direct benefit of the reader Erik Dalton Phd Freedom from Pain Institute *Advanced Myoskeletal Techniques* Erik Dalton, Til Luchau, Robert Noah Calvert, 2014 **Deep Tissue Massage Treatment - E-Book** Jeffrey Simancek, 2012-05-01 This significantly revised new edition features an easy to use format that provides basic theory and assessment of neuromuscular conditions followed by an extensive overview of techniques specific to deep tissue massage including trigger point therapy friction techniques myofascial techniques and stretching Step by step treatment routines for the 22 most commonly encountered neuromuscular conditions are clearly outlined using detailed descriptions and illustrations side by side Downloadable assessment forms and 90 minutes of video on proper deep tissue massage techniques are included on the companion Evolve website Excellent organization and standard layout for each condition makes information easy to find and follow Step by step routines for treatment of conditions are outlined using clear descriptions and illustrations side by side Coverage of the most common techniques includes trigger point therapy friction techniques myofascial techniques and stretching to give you an excellent base from which to start incorporating deep tissue massage into massage practice Full color art program features a visually striking design with vibrant photos and illustrations that appeal to visual learners Pedagogical features include learning objectives key terms and an end of book glossary to help you focus on key content Appendices provide key resources on trigger points and pain referral patterns indications contraindications for deep tissues massage and blank assessment forms for use in practice Student resources on Evolve companion website provide downloadable assessment forms and videos of deep tissue techniques NEW 4 color art program features all new photos of the best techniques body mechanics and draping to better illustrate content NEW 90 minutes of video on the Evolve companion website vividly demonstrate the proper

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Anatomy Trains Thomas W. Myers, 2009-01-01 An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic

Deep Tissue Massage, Revised Edition Art Riggs, 2012-10-30 Featuring more than 250 photographs and 50 anatomical drawings this revised edition of Deep Tissue Massage is the standard guide to the essentials of touch biomechanics and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice The book is divided into three sections Fundamentals covers basic skills of palpation explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension This section gives clear information on the proper use of knuckles fist forearms and elbows in preventing injury to the therapist Strategies offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues Caveats details areas in which the practitioner needs to exercise caution Deep Tissue Massage presents a wealth of information in a way the therapist can immediately utilize This new edition has been thoroughly revised and includes a preface to the new edition a foreword an index a Suggested Reading list and extended sections on integrating deep tissue massage into bodywork practice and the psychology of treating injuries

Modalities for Massage and Bodywork Elaine Stillerman, 2014-12-18 Ideal for both classroom and practice Modalities for Massage Bodywork 2nd Edition presents 23 modalities of bodywork their history development effects benefits contraindications basic curricula and certification requirements Updated photos and illustrations critical thinking questions and flash cards give you a better picture of today's massage best practices Evolve companion website provides matching activities flash cards answers to multiple choice questions weblinks and video demonstrations of various modalities covered in the text to make learning more interactive Case histories in each chapter illustrate the effects of the modality within a therapeutic context creating the opportunity for integrative clinical reasoning that helps prepare you for work in the various modalities Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter In My Experience boxes provide personal insights about specific techniques from experts in the field Full color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality Multiple choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain

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MASAJE DE LOS TEJIDOS PROFUNDOS. Guía visual de las técnicas Art Riggs, 2009-12-23 El masaje de los tejidos profundos entra a el conocimiento de las capas sucesivas de los tejidos del cuerpo y la capacidad para trabajar con stos haciendo que esas capas se relajen y liberando as de la forma m s eficaz y eficiente posible los patrones restrictivos Con el trabajo de los tejidos profundos se puede conseguir la mitigaci n del dolor la adopci n de mejores posturas el aumento de la flexibilidad y la fluidez de movimiento En este libro se introducen las t cnicas espec ficas para trabajar con las estructuras anat micas que conforman los tejidos profundos e indicaciones para el uso correcto de las herramientas dedos nudillos pu o antebrazo y codo junto con la buena ejecuci n de los movimientos Tambi n se desarrollan las estrategias espec ficas para el tratamiento de las distintas partes del cuerpo

Myofascial Release Ruth Duncan, 2014-04-16 Myofascial Release provides comprehensive training for hands on therapists of all disciplines and at all levels to expand their practice From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality this guide teaches therapists every crucial aspect of employing myofascial release to its fullest benefit This scientifically grounded whole body approach presents an overview of the entire fascial matrix the three dimensional web of tissue that supports encompasses and protects every other structure in the body The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed for working most effectively with soft tissue to treat muscle injury immobility and pain The book also outlines how myofascial release relates to other massage modalities in the Hands on Guides for Therapists series ensuring therapists incorporate all of their skills to the greatest effect for their clients Descriptions of over 60 myofascial techniques contain details on the timing direction and hold of each stretch as well as numerous photographs that illustrate the body and hand positions of each technique Nuanced explanations of the unique feel of soft tissue including the component of position of ease felt in the fascial drag enhance the

therapist's palpation skills The therapist learns how to apply the best approach cross hand releases longitudinal plane releases compression releases and transverse plane releases on specific injuries or issues and how to combine techniques to maximize their effectiveness The text also contains home programs that clients can use themselves between treatment sessions Myofascial Release provides an entire therapeutic approach as opposed to just the hands on application that most books offer Special features make this resource more effective and efficient for readers Full color photos present a strong visual guide to employing each technique safely The photo index reference tool quickly points readers to the desired technique Therapist tips provide practical comments on applying the techniques Client talk boxes share the author's experiences and insights on common situations Quick Questions at the end of each chapter test readers knowledge of material Finally the text offers insight on interacting with clients and ensuring their entire therapeutic experience is fulfilling It covers the client consultation process checking for contraindications and performing the visual assessment how the client may respond to the treatment and what the practitioner and client might feel and see during the process Readers will come away from Myofascial Release with a holistic understanding of the approach and how to apply the principles to their practice Myofascial Release is part of the Hands On Guides for Therapists series which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers such as osteopaths and fitness instructors The guides include full color instructional photographs Tips sections that aid in adjusting massage techniques Client Talk boxes that present ideas for creatively applying techniques for various types of clients and questions for testing knowledge and skill

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