

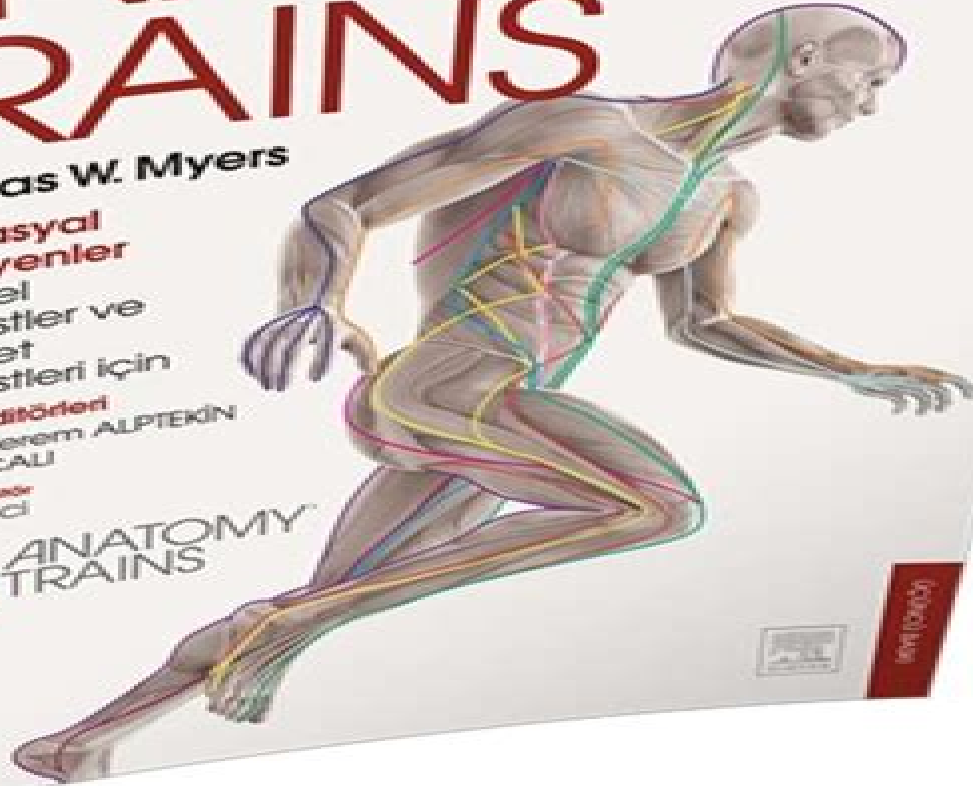
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Fascia Anatomy and Movement was written partly as an appeal for Yoga Teachers to appreciate the depth and breadth of Yoga as a science a movement practice and a philosophy that fundamentally espouses wholeness as the basis of living anatomy and form Yoga calls for unifying who and how we are and as teachers how we can help our clients who are all different move better Classical Anatomy in the West divides the body down into its component parts and traditionally unchanged for 400 years reduces its functionality to those parts usually described in a 2D iconic forms and founded in lever based mechanics In the East such reductionism was never espoused and Yoga Fascia Anatomy and Movement covers two huge bases to bridge the difference and upgrade understanding of Yoga to 21st Century anatomy The first is to recognise that the leading edge of Fascia Science changes all those reductionist views anatomically and biomechanically It is carefully explained in the first part of the book and shows how the New Science of Body Architecture actually makes perfect sense of yogic philosophy of union and wholeness The second is to take this paradigm shift and apply it in practice to the subtle understanding of the fascial architecture and how that helps us move better Yoga Fascia Anatomy and Movement attempts to ask questions find suitable research and make all this practical and applicable to teachers and practitioners of all types Indeed it teaches posture profiling and creating Class Mandalas to support this It is a contemporary yoga teacher s bible

Born to Walk James Earls, 2020 Born to Walk is designed to help movement therapists physiotherapists osteopaths chiropractors massage therapists and bodyworkers understand gait and its mechanics and will appeal to anyone with an interest in evolution and movement It offers a concise model for understanding the complexity of movement while gaining a deeper insight into the physiology and mechanics of the walking process The ability to walk upright on two legs is one of the major traits distinguishing us as humans In Born to Walk author James Earls explores the mystery of walking s evolution by describing the complex mechanisms enabling us to be efficient in bipedal gait Born to Walk helps identify areas of the body that if dysfunctional may reduce efficiency of gait With this knowledge the therapist can help themselves and their clients regain a flowing elasticity within gait

Massage Fusion Rachel Fairweather, Meghan Mari, 2015-07-01 Massage Fusion is an essential companion for any manual therapist interested in treating common pain issues Acclaimed teachers and therapists Rachel Fairweather and Meghan Mari offer a practical and dynamic step by step approach to gaining results with persistent client problems such as low back pain neck pain headaches carpal tunnel syndrome TMJ disorders stress related conditions and stubborn sporting injuries The book outlines a clear and evidence based rationale to treatment using a clinically tried and tested combination of advanced massage techniques including myofascial work trigger point therapy acupressure stretching and client self care suggestions Named after the authors successful UK based training company the Jing method has helped thousands of therapists build their practices Beautifully illustrated with clear photographs of each step this book gives massage therapists a tried and tested blueprint for approaching chronic pain conditions with confidence Drawing on both the available evidence and several decades of clinical experience Massage Fusion brings together art and

science East and West philosophy and psychology into a joyful exploration of how to gain the best results for your clients A must read for all bodyworkers who want to be the best *Fascia: The Tensional Network of the Human Body - E-Book* Robert Schleip, Carla Stecco, Mark Driscoll, Peter Huijing, 2021-12-08 The role of the fascia in musculoskeletal conditions and as a body wide communication system is now well established Fascia The Tensional Network of the Human Body constitutes the most comprehensive foundational textbook available that also provides the latest research theory and science around fascia and their function This book is unique in offering consensus from scientists and clinicians from across the world and brings together the work of the group behind the international Fascia Research Congress It is ideal for advanced sports physiotherapists physical therapists musculoskeletal orthopaedic medicine practitioners as well as all professionals with an interest in fascia and human movement The comprehensive contents lay the foundations of understanding about fascia covering current scientific understanding of physiology and anatomy fascial related disorders and associated therapies and recently developed research techniques Full colour illustrations clearly show fascia in context New content based on latest research evidence Critical evaluation of fascia oriented therapies by internationally trusted experts Chapter outlines key points and summary features to aid navigation Accompanying e book version include instructional videos created by clinicians **Muscles and Meridians** Phillip Beach, 2010-11-25 Muscles and Meridians is a unique book that breaks new conceptual ground in the realm of human movement Exploring the connection between evolutionary biology and Chinese meridians the volume offers a novel and effective system of diagnosis and treatment of common musculoskeletal disorders Describes a new model of human movement the Contractile Field model Offers a rare and serious attempt to look at whole person movement patterns akin to Anatomy Trains but with a stronger link to vertebrate evolution and development Suggests that much of our endemic back and leg pain is due to a loss of ease in postures that are archetypal to mankind Offers a profound new understanding of the world s oldest medical map the Chinese meridian map *Fascial Dysfunction* Leon Chaitow, 2018-11-01 Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility These are the symptoms which confront all practitioners of manual therapy in their everyday practice In this second edition of his very successful book Leon Chaitow brings together contributions from 20 leading practitioners and researchers from many different fields of manual therapy *Fascial Dysfunction Manual Therapy Approaches Second Edition* aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients problems New features of the Second edition include Descriptions of new research evidence and its implications for practice The dependence of collagen health on a mixture of balanced internal and external tension The importance of adequate hydration The possible role of the telocyte The importance of dosage of therapies in management of fascial dysfunction New chapters on Gua Sha and cupping Global postural re education Scar remodelling The book is in two sections

Section I written by Chaitow with a contribution by Tom Myers presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong the causes and effects of fascial dysfunction and disease and how to assess the problem and remove obstacles to the success of treatment Section II contains chapters by experts in different types of manual therapy including three by Chaitow Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach These approaches include Bowen Therapy Connective Tissue Manipulation and Skin Rolling Fascia oriented training applications in sports and movement therapy The Fascial Manipulation method applied to low back pain Fascial Unwinding Balanced Ligamentous Tension Technique Gua sha press stroking and Ba guan cupping traditional East Asian instrument assisted manual therapies Muscle Energy Techniques MET Myofascial Induction Therapy MIT Neuromuscular Technique and associated Soft Tissue Manipulation Modalities Positional Release Techniques including counterstrain Global Postural Re education Souchard Method Rolfing Structural Integration Management of Scars and Adhesions Manual Matrix Remodeling in myofascial injuries scar modeling technique Massage Therapy and Fascia Trigger Point release methods including dry needling

The Alexander Technique Penelope Easten, 2021-04-19 Our entire human structure is built for movement for all aspects of life This book offers a new theoretical framework for understanding integrated movement based on the latest scientific models and practical explorations Presenting a new interpretation of how Alexander developed his work Easten covers twelve fundamentals of movement and shows how optimal movement is organised around sensory and spatial awareness and our focus and goals The book describes how to reawaken innate balanced movement possibilities Up to date scientific research is woven into Alexander s concepts to give a whole picture of how the human body feels perceives and self organises Clarifying the functional anatomy that underpins the Alexander technique this book explains how to utilize the power of the autonomic nervous system and spatial awareness to allow us to change old harmful movement habits and enable new body learning Written accessibly and supported by illustrations and video demonstrations of techniques this book is ideal for Alexander technique teachers and trainees movement educators and somatic therapists

Your Body, Your Yoga Bernie Clark, 2016-04-12 Yoga is big business today and teacher training programs are booming Yoga teachers have a thirst for anatomy training but all books on yoga anatomy focus solely on the muscles Your Body Your Yoga goes beyond any prior yoga anatomy book available It looks not only at the body s unique anatomical structures and what this means to everyone s individual range of motion but also examines the physiological sources of restrictions to movement Two volumes are provided in this book Volume 1 raises a new mantra to be used in every yoga posture What Stops Me The answers presented run through a spectrum beginning with a variety of tensile resistance to three kinds of compressive resistance Examined is the nature of muscles fascia tendons ligaments joint capsules bones and our extracellular matrix and their contribution to mobility The shape of these structures also defines our individual ultimate range of movement which means that not every

body can do every yoga posture The reader will discover where his or her limits lie which dictates which alignment cues will work best and which ones should be abandoned Volume 2 will take these principles and apply them to the lower body examining the hip joint the knee ankle and foot and will present how your unique variations in these joints will show up in your yoga practice Your Body Your Yoga has over 500 illustrations and photographs For the technically astute extensive endnotes are provided along with a exhaustive index Technical sidebars labeled It s Complicated allow a non technical reader to skip the heavier more detailed discussions and stick to high level explanations of the concepts For yoga teachers sidebars labeled To the Teacher are offered to help them bring the concepts into their classes Other interesting discussions that could disrupt the normal narrative flow are also put into sidebars labeled It s Important which everyone is invited to read

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