

Fascial Stretch Therapy

Fascia, Function, and Medical Applications
The Fascial Distortion Model
Fascia: The Tensional Network of the Human Body - E-Book
NeuroKinetic Therapy
Fascial Release for Structural Balance, Revised Edition
Anatomy Trains Posters
Fascia
Choosing the StrongPath
Myofascial Release Therapy
Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation
Myofascial Stretching: a Guide to Self-Treatment
Myofascial Release
SomatoEmotional Release
The Permanent Pain Cure
Moving Stretch
Fascial Stretch Therapy - Second Edition
Fascial Fitness
Functional Anatomy of the Spine
The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB)
Greenman's Principles of Manual Medicine
Myofascial Induction
Fascia Research
Fascia Stretch Therapy
Facilitated Stretching
Veggie Bingo
Massage Fusion
Overcome Neck & Back Pain
Stretching Therapy
Free Your Fascia
Fascia: The Tensional Network of the Human Body - E-Book
Travell, Simons & Simons' Myofascial Pain and Dysfunction
Mule Fitness
Fascial Dysfunction
Trigger Point Therapy for Myofascial Pain
Fascial Stretch Therapy
Stretch to Win
Fascial Stretch Therapy
Science of Flexibility
Stretching and Pregnancy
Stretching & Flexibility

Fascia, Function, and Medical Applications

This book is the product of an important collaboration between clinicians of the manual therapies and scientists in several disciplines that grew out of the three recent International Fascia Research Congresses (Boston, Amsterdam, and Vancouver). The book editors, Thomas Findley MD PhD, Robert Schleip PhD, Peter Huijing PhD and Leon Chaitow DO, were major organizers of these congresses and used their extensive experience to select chapters and contributors for this book. This volume therefore brings together contributors from diverse backgrounds who share the desire to bridge the gap between theory and practice in our current knowledge of the fascia and goes beyond the 2007, 2009 and 2012 congresses to define the state-of-the-art, from both the clinical and scientific perspective. Prepared by over 100 specialists and researchers from throughout the world, Fascia: The Tensional Network of the Human Body will be ideal for all professionals who have an interest in fascia and human movement - physiotherapists, osteopathic physicians, osteopaths, chiropractors, structural integration practitioners, manual therapists, massage therapists, acupuncturists, yoga or Pilates instructors, exercise scientists and personal trainers - as well as physicians involved with musculoskeletal medicine, pain management and rehabilitation, and basic scientists working in the field. Reflects the efforts of almost 100 scientists and clinicians from throughout the world Offers comprehensive coverage ranging from anatomy and physiology, clinical conditions and associated therapies, to recently developed research techniques Explores the role of fascia as a bodywide communication system Presents the latest information available on myofascial force transmission which helps establish a scientific basis for given clinical experiences Explores the importance of fascia as a sensory organ - for example, its important proprioceptive and nociceptive functions which have implications for the generation of low back pain Describes new imaging methods

which confirm the connectivity of organs and tissues Designed to organize relevant information for professionals involved in the therapeutic manipulation of the body's connective tissue matrix (fascia) as well as for scientists involved in basic science research Reflects the increasing need for information about the properties of fascia, particularly for osteopaths, massage therapists, physiotherapists and other complementary health care professionals Offers new insights on the fascial related foundations of Traditional Chinese Medicine Meridians and the fascial effects of acupuncture

The Fascial Distortion Model

"Moving Stretch is an effective, powerful, and enjoyable program of resistance stretching that not only strengthens and frees the body, but reconditions the body's fascia, rejuvenates the tissue, releases adhesions, relieves pain, and increases flexibility. This accessible book gives easy illustrated step-by-step instructions for people who want to feel more upright, taller, more youthful and energized."--Page 4 of cover.

Fascia: The Tensional Network of the Human Body - E-Book

Mule Fitness is a practical, color-coded, step-by-step fitness manual that can be used by coaches, Strength and Conditioning Specialists, personal trainers, or those who want to train themselves without a personal trainer. Applicable to a broad swath of the general population, as well as Tactical Athletes such as military, police, fire fighters, and first responders, the program is based on cardiovascular conditioning, movement preparation, and strengthening of the myofascial networks, with a primary focus on injury prevention. The book presents a unique Training Block Continuum, which will help guide readers on how and when to use a variety of equipment to progressively get strong and conditioned. The book also presents unique Cardio Curves that will guide coaches, trainers, athletes and clients, on how to practically use biometric heart rate monitors. Mule Fitness takes a new approach to strength and conditioning by considering the myofascial meridians, or myofascial networks. By doing so, the client or athlete becomes "farmer strong" or "country strong" where you can not only lift a load but shift the load outside your base of support. You essentially weave the body together like the "warp and weft" of a fabric. Mule fitness takes the concept of functional fitness to the next level. Such functional strength is applicable to boot camp and more advanced conditioning of military personnel, as well as fire fighters, police, and other first responders. The book also presents a practical summary of cardiovascular conditioning that can be used by trainers and coaches for endurance sports or activities. The book can be considered a fitness manual for personal trainers or coaches, and includes military-inspired workout check-off sheets that provide repeatable, consistent workouts, with a view to injury prevention. The book also serves to teach trainers, coaches, athletes, and clients how to use most equipment found in gyms. The book also goes into exercise prescription guidelines, and includes trends on how to train seniors, or mature adults.

NeuroKinetic Therapy

Fascial Stretch Therapy shows how assessment, treatment, and training are used in a variety of common circumstances encountered in manual therapy and athletic training. The second edition: Discusses a very brief history of a still expanding and evolving new industry of assisted stretching. It also covers the negative aspects of this trend, including the lack of assessments and specificity and common stretching methods. Approaches are listed so you can compare and contrast. Includes a new Chapter 2 with updates of the highest quality evidence-based research useful to the field of assisted stretching. It includes the authors' own research about the effects of FST on chronic nonspecific low back pain as well as a discussion about a recent systematic review of the acute effects of muscle stretching on physical performance range of motion, and injury incidence in healthy active individuals. Lists contraindications and indications for FST along with new updates to reflect current understandings (e.g. about Golgi tendon organs) with supporting references. Shows how this method will save you time when forming a working hypothesis that will quickly be proven or disproven so that you will have enough time to develop other hypotheses that you can test for efficacy, all within a single session. Includes new photographs and artwork along with new titles to reflect the change in nomenclature from the use of the term 'fascial line(s)' to 'fascial net(s)'. For manual therapists, bodyworkers and massage therapists, movement instructors, physical and occupational therapists, physiotherapists, athletic and sports trainers, fitness instructors, osteopaths and hands-on practitioners from all disciplines.

Fascial Release for Structural Balance, Revised Edition

Provides therapists with the background knowledge that they require before they can safely and accurately treat patients with musculoskeletal disorders of the spine. It should be invaluable to all those practitioners who regularly treat spinal dysfunction.

Anatomy Trains Posters

Have you ever needed pain relief? Have you ever wondered if there was a way to take charge of your health? Have you wondered about inflammation and what it is doing to your body? The veggie bingo is for you!

Fascia

In the Fascial Distortion Model (FDM) all injuries and other conditions causing pain or disability are seen as arising from specific distortions of the connective tissue. This book explores the theoretical framework of FDM and approaches to

treatment based on an understanding of it. The authors systematically cover all disorders likely to be encountered by the clinician, and provide comprehensive guidance about when it is appropriate to use FDM, and how best to employ these approaches in treatment.

Choosing the StrongPath

FEATURED ON ESPN—the proven pain relief program used by professional athletes No drugs. No surgery. No pain! “The Ming Method” for pain relief has worked wonders for New Jersey Nets star Jason Kidd, New York Yankees’ Jason Giambi, movie star Matt Dillon, and other celebrities. Now, licensed physical therapist Ming Chew shares his world-famous program in this illustrated home guide, filled with innovative stretching techniques, hydration and supplementation tips, and prevention strategies. His method doesn’t just manage the pain, it cures it—for good.

Myofascial Release Therapy

Whether you're an office worker wondering how to stretch that tight spot between your shoulders and neck, a martial artist wanting to do side-splits, a weekend athlete aiming to achieve more whole-body rotation to improve your golf swing or whether you just want to relax your back after housework, Kit Laughlin's bestselling *Stretching & Flexibility* will make it all possible. Inside you will find effective exercises for all the usual places people want to stretch: hips, hamstrings and legs-apart movements. In addition, there are hand, wrist and forearm exercises, a full range of neck and shoulder exercises and a variety of ankle and feet exercises. There are even exercises to help you spread your toes and strengthen your arches!

Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation

This practical resource examines the research, theory, and practice associated with stretching therapy. Anatomical illustrations and clear descriptions make it easy to learn which muscles are affected by specific treatment techniques. Full-color photographs show correct positioning of the patient and the therapist, with explanations of each movement on the same page or two-page spread. Comprehensive information on stretching provides essential knowledge for sports therapy or other manual therapy practice. Easy-to-access format presents each topic on a single page or page spread. Full-color photographs illustrate the correct position of the patient. Two-color anatomical illustrations show the position of the muscle involved in each technique.

Myofascial Stretching: a Guide to Self-Treatment

"Michael Shea, one of the foremost experts on myofascial release, presents straightforward, practical instructions for dramatically releasing pain and restriction of motion in the body's fascia, muscles, and connective tissue. He introduces a soft tissue, hands-on approach for massage therapists, physical therapists, and other healthcare practitioners that reduces tension and stress in their clients' entire myofascial systems, as well as their musculoskeletal and cardiovascular systems. Therapists with little or no background in myofascial release and deep tissue reorganization can follow this book's easy guidelines in order to facilitate substantial orthopedic changes and pain reduction in their clients. Illustrated with 70 black and white photos, Myofascial Release Therapy includes an at-a-glance section that provides a step-by-step procedure for quick reference. Each photo is supplemented with instructions, as well as with arrows for easy reference in the clinic. This book provides the first integration of the verbal, visceral, and palpation skills of the therapist. It also includes work on the viscera as a way of integrating soft tissue work through the abdomen and pelvis. While manuals on the bones, muscles, and viscera have previously been divided into separate volumes, this book combines them into one. The author offers specific tools and protocols for helping patients "destructure" past somatic experience and reform it into something healthier. He illuminates the interconnectedness between bodies and their relationships to the outside world, including how sensations, feelings, and emotions are organized in the body and how they are coupled to meaning and memory. The result of many years of experience and knowledge, this book provides compelling evidence that myofascial release therapy encourages more rapid healing response of injured tissue"--Provided by publisher.

Myofascial Release

"Science of Flexibility has long been considered the leading reference on the topic, and this new edition reaffirms that status. No other book covers these concepts and principles better." "Based on the latest research, this completely revised and updated edition includes five new chapters, nearly doubling the content. These chapters discuss the hypermobility of joints, joint manipulation and chiropractic adjustment, controversial stretches, the relationship of stretching and special populations, and the functionality of stretching and flexibility for specific sports and health conditions." "With more than 1,400 scholarly and professional references and over 200 illustrations, photos, and tables, Science of Flexibility is invaluable for exercise scientists, health/fitness professionals, athletic trainers, sport physical therapists and chiropractors, massage therapists, instructors and practitioners of dance, yoga, and the martial arts."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

SomatoEmotional Release

Are you looking for the key to optimal performance? Increased speed, power, and agility? What you need is a complete flexibility training system—one designed for today's athlete and made up of dynamic stretches that mirror sport-specific

movement. And you should also have the skills to assess exactly what your body needs at any time. That complete program is found in *Stretch to Win*. In its first edition, *Stretch to Win* raised the bar for flexibility training. The first edition quickly became a best-selling stretching resource for consumers and professionals alike. From amateur to professional athletes, weekend warriors to Olympians, the benefits were clear: increased mobility, improved range of motion, faster recovery, and more. Now it's time to raise the bar further. This is *Stretch to Win, Second Edition*. Inside, Ann and Chris Frederick build on their system with the latest research, specific ways to assess yourself, and more stretching options. New illustrations of the body's fascia will help you assess and identify your imbalances. Then the text will guide you to eliminate these imbalances with corrective stretch movements that quickly improve mobility. You'll learn the most effective techniques for your sport, your position, or your event; then you'll put these techniques into action. Using the new *Stretch to Win* fascia mobility assessment (FMA) protocol, you'll determine range of motion deficits and identify your performance inhibitors. Then, with the stretching matrix, you'll personalize a program developed for your needs and your goals. You can incorporate the matrix into your existing workout as well as into rest days, when stretching can aid in recovery and bring your body back in balance. It's all here—all the tools, all the stretches, and all the instruction to create an effective flexibility program for any sport or activity. If it's time to increase mobility, power, speed, agility, range of motion, and overall performance, it's time for *Stretch to Win*!

The Permanent Pain Cure

Moving Stretch

These 8 posters illustrate the bones, muscles and joints described in the book *The Anatomy Trains* on the basis of "train" lines, tracks and stations. Each poster focuses on one "train" line and features full-colour illustrations, line drawings to clarify and tables summarising the tracks and stations for each line. 8 colour posters Clarifies and reinforces the teaching approach of the *Anatomy Trains* book Larger illustration size allows for them to be used as teaching aids in classroom or clinic Useful also for student revision Presentation in a tube for easy mailing, transport

Fascial Stretch Therapy - Second Edition

Transform your health with this cutting-edge guide to fascia, your body's "hidden organ." Dr. Daniel Fenster guides the reader through a holistic self-therapy program as well as professional treatments to address issues such as chronic pain, anxiety, high blood pressure, GERD, and more. At the #1 pain management clinic in New York City, director Dr. Daniel Fenster has changed thousands of lives for the better through a holistic approach and integrative therapies. His experience

has revealed to him that treating the fascia--your long ignored, unappreciated, "hidden organ" that weaves around and through every single structure in your body--is crucial for both physical and mental health. Within these pages, Dr. Fenster will reveal all you need to know about fascia, including:

- The 8 "villains" that hurt your fascia and how to combat them
- A "free your fascia" quiz to assess what therapies are right for you
- 20 recipes to nourish your fascia with the nutrients it needs
- Simple, at-home exercises and do-it-yourself therapies for releasing and optimizing your fascia
- Advice for working with professionals and the most powerful tools in fascial manipulation
- Exclusive to this book: interviews between Dr. Fenster and 10 of the leading-edge fascia researchers and experts.

By "freeing your fascia," you'll feel stronger, healthier, and happier from head to toe!

Fascial Fitness

The work of a sports therapist is highly technical and requires a confident, responsible and professional approach. The Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation is a comprehensive and authoritative reference for those studying or working in this field and is the first book to comprehensively cover all of the following areas: Sports Injury Aetiology Soft Tissue Injury Healing Clinical Assessment in Sports Therapy Clinical Interventions in Sports Therapy Spinal and Peripheral Anatomy, Injury Assessment and Management Pitch-side Trauma Care Professionalism and Ethics in Sports Therapy The Handbook presents principles which form the foundation of the profession and incorporates a set of spinal and peripheral regional chapters which detail functional anatomy, the injuries common to those regions, and evidence-based assessment and management approaches. Its design incorporates numerous photographs, figures, tables, practitioner tips and detailed sample Patient Record Forms. This book is comprehensively referenced and multi-authored, and is essential to anyone involved in sports therapy, from their first year as an undergraduate, to those currently in professional practice.

Functional Anatomy of the Spine

"This fully updated practical resource opens up one of the most enduring, yet continually evolving, areas of health care - manual medicine. With this informative, highly illustrated text, you'll learn the basic principles, specific techniques, and adjunct procedures of the discipline - including the use of exercise for prevention and treatment of common lower quarter neuromuscular syndromes."--BOOK JACKET.

The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB)

Anyone who wants an active, mobile and painless everyday life should be aware of the importance of their connective tissue! Understanding of connective tissue has greatly increased in recent years in physiotherapy, sports science and medicine. Muscular connective tissue - known as fascia - plays an important role in health, well-being and mobility, as it transmits the power of the muscles, communicates with the nervous system and serves as a sense organ. Fascia ensures the protection of the internal organs and forms the basis for a beautiful body shape. Connective tissue can work in the same way as your other muscles, responding to stress and nerve signals and, if it gets tangled or glued together, causing pain and problems with movement. Fascia should therefore be specifically exercised - but 10 minutes twice a week is all you need. In this book, leading German fascia researcher and Rolfing practitioner Robert Schleip describes how recent research findings can be translated into a practical exercise program for everyday use.

Greenman's Principles of Manual Medicine

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. This new edition of Travell, Simons & Simons' groundbreaking work reflects the latest research and best practices associated with trigger points and updates the iconic pain point images that set the standard in the field. New lead editor Joseph M. Donnelly draws on his experience as both educator and physical therapy practitioner to integrate an evidence-based approach into this critical text. In addition, the new edition consolidates information to create a more intuitive user experience and features a completely new full color design to bring concepts to life.

Myofascial Induction

This thoroughly revised edition of the authoritative reference Fascial Release for Structural Balance brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making it an even more essential guide. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through "bodyreading," the book features 150 color photographs that clearly demonstrate each technique. The authors, both respected bodywork professionals, give any bodywork practitioner using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists—the information they need to deliver effective treatments and create long-lasting, systemic change in clients' shape and structure. Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help with many chronic conditions that their clients

suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains, leading to rapid, effective, and lasting pain relief. James Earls and Thomas Meyers argue that approaching the fascia requires "a different eye, a different touch, and tissue-specific techniques."

Fascia Research

Fascia, Function, and Medical Applications is essential reading for medical and allied health practitioners who want to bring scientific insights of the importance of fascia to human health into their clinical practices. Fascia - the biodynamic tissue that connects every muscle, bone, organ, and nerve in the body - is fast becoming the latest trend in healthcare and allied health modalities. This book is edited by David Lesondak, University of Pittsburgh Medical Center, author of the international bestseller *Fascia: What it is and why it matters*, and Angeli Maun Akey, MD, international physician educator and board certified in both internal and integrative medicine. It contains contributions from a team of top researchers and expert practitioners including physicians, clinicians, therapists, dissectors, and surgeons. Fully illustrated in color, this book presents the latest scientific knowledge of fascia and explains insights into problems like chronic pain and myriad musculoskeletal symptoms that may not respond to conventional treatments. It gives practitioners the information they need to make better decisions to improve the health of patients often without pharmaceuticals or surgeries. **FEATURES** • Provides comprehensive overview of how fascia, as a tissue and a system, affects various body functions and systems, from musculoskeletal disorders to nervous system, circulatory, and auto-immune function. • A section devoted to medical applications highlights a comprehensive and critical overview of various fascial therapies. • Gives practitioners the knowledge they need to refer or add as an adjunct therapy to their department or rehabilitation team. This is a cutting-edge, practical guide that will appeal to researchers, physicians, and clinicians alike.

Fascia Stretch Therapy

Keeping fit during pregnancy is highly beneficial for the health of both mother and baby. But many women remain at work during pregnancy, and finding time for regular exercise can be difficult. Let Kit and Jennifer show you how this can be done, in the privacy of your home. Includes stretching, strengthening, and relaxation exercises, and essential information on nutrition, and much more.

Facilitated Stretching

When you think about the concept of stretching your body, you probably assume: returned, hamstrings, or IT band. (What's that? You are not frequently stretching?! 6 Good Reasons You Really Need to Stretch.) But there are numerous different

frame parts that gain from an excellent stretch except the ones tight muscular tissues. One of the most modern methods of focused stretching focuses on something you may have in no way even heard of earlier than: fascia.

Veggie Bingo

IMPORTANT! Many of the techniques in the book require the use of a small inflatable ball to apply pressure into the fascial restrictions. Balls must be purchased separately. Through a lot of research and experimentation, we have found what we feel to be the highest quality, longest lasting 4" inflatable ball on the market. They are available through this link: https://www.amazon.com/gp/product/B088P9THQK?pf_rd_r=27AMK3Y5T3P8H12P8RQJ&pf_rd_p=edaba0ee-c2fe-4124-9f5d-b31d6b1bfbee Myofascial Stretching: A Guide to Self-Treatment is a manual of techniques that, when completed properly, results in permanent lengthening of the body's connective tissue and dramatically improves health and quality of life. It was written for the lay person who has chronic pain, muscular tightness and/or postural dysfunction; and also for therapists to use to recommend home exercise programs for their patients. Myo means muscle. Fascia is the tough connective tissue surrounding every cell of the body from head to toe like a three-dimensional spider web. Injury, trauma, inflammation and poor posture cause the fascial system to tighten, putting pressure on muscles, nerves, blood vessels, bones, organs and the brain. Resulting symptoms include pain, restriction of motion, and structural misalignment, which can impair daily functioning and athletic performance. Myofascial Stretching removes this abnormal pressure, allowing the body to return to optimal function. The book follows Myofascial Release principles, using sustained pressure and tissue elongation. Two ways to do Myofascial Stretching are included: one using a 4-inch inflatable ball and one utilizing active elongation. The two methods complement each other, especially if one first releases tight tissue with the ball and follows up with an elongation stretch to the same area. Myofascial Stretching differs from traditional stretching in four primary ways. 1. Time. All stretches, with or without the ball, must be held continuously for minimum 90 to 120 seconds before the fascia begins to let go. It is not uncommon to hold a technique for 3-5 minutes or more in order to release multiple layers of tightness or restriction. The result is permanent release of the tissue, as opposed to temporary results achieved with traditional 30 second stretching. 2. Active elongation. This is what allows one to engage the fascial barrier. 3. Conscious Presence. It is exponentially more effective when you are able to focus on the tension in the tissue, direct your breath into the restriction, notice the resulting slack as the release takes place, elongate into the next barrier and wait for another release to occur. Regular practice will increase body awareness, and result in improved focus and groundedness. 4. Simultaneous Stretching and Strengthening. During active elongation, muscle groups opposing the tight fascia have to contract in a sustained manner. This strengthens them, thereby helping to maintain the elongated state of the tissue just released. Following an introduction to the Myofascial Release approach, the book includes a photograph of every technique with an accompanying narrative description. The 12 book sections relate to different parts of the body with a chart to help decide where to start depending on symptoms. This arbitrary division is for simplification in organizing the information. In treatment the body is

always considered as a whole. Utilizing Myofascial Release principles for stretching causes a permanent softening and lengthening of connective tissue. This results in decreased pain, enhanced daily functional abilities, refined athletic performance, increased ease of movement and improved posture. It is extremely empowering to see and feel these results in your body and in your life, and to know you have the ability to manage and diminish your own pain, while saving money normally spent on various practitioners. It is time to Feel Good Again!

Massage Fusion

The text provides a useful overview of PNF stretching - safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, then stretching it again to a new range of motion. Whether you're a fitness professional, therapist, coach, athlete, or student, Facilitated Stretching, Third Edition, will help you assess current muscle function, improve range of motion, increase strength, reduce overuse injuries, and enhance performance.

Overcome Neck & Back Pain

A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In Trigger Point Therapy for Myofascial Pain Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible "user's manual" for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. Trigger Point Therapy for Myofascial Pain provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

Stretching Therapy

Developed by the author, SomatoEmotional Release is a technique for bringing psychotherapeutic elements into CranioSacral therapy. It helps rid the mind and body of the residual effects of trauma by anatomically freeing the central channel of the body. John E. Upledger presents the history, theory, and practice of this subtle form of healing. A result of

meaningful, intentioned touch, SomatoEmotional Release allows for identification and removal of energy cysts along with their associated emotions.

Free Your Fascia

Fascia is currently the hot topic among manual therapists of all persuasions. All are anxious to improve their understanding of its anatomy and dysfunction. This is the first book to explain and illustrate fascial anatomy relating it specifically to manual therapy techniques by demonstrating what effect such techniques have on body structures. The author describes in detail the technique of myofascial induction. The text is supported by over 500 spectacular full colour photographs as well as nearly 200 line drawings. In addition to the highly illustrated text there is a DVD containing video clips demonstrating the application of the techniques to dissections of fresh cadavers and showing how the tissues move in response to the manipulation.

Fascia: The Tensional Network of the Human Body - E-Book

Travell, Simons & Simons' Myofascial Pain and Dysfunction

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!

Mule Fitness

Choose health. Choose strength. Choose the StrongPath. Choosing the StrongPath is a book about the most insidious health

crisis in the world, Sarcopenia, a muscle-wasting and frailty disease. It impacts all of us as we age, unless we proactively prevent it. As a world-renowned investigator and case builder, Fred Bartlit has done this once again with this book. He and coauthor Steven Drouillard, along with muscle physiology expert Dr. Marni Boppart, want to share a little known fact with the world: You don't have to fall apart as you get older. Through carefully calibrated progressive strength training and supporting nutrition, you can stave off sarcopenia, along with dozens of other age-related illnesses. Using scientific evidence and real-life case studies, *Choosing the StrongPath* offers a clear path away from a steady decline in the last third of your life and toward a healthier, happier you.

Fascial Dysfunction

Fascial Stretch Therapy shows how assessment, treatment and training are used in a variety of common circumstances encountered in manual therapy and athletic training. This book: describes and shows the therapist or trainer how to integrate FST in their current practice, business or workplace to enhance what they already do and provide. Section 1 redefines, clarifies and describes the many layers of therapeutic stretching showing where FST can be most useful summarizes relevant evidenced based studies and cites scientific support giving the professional confidence in using the techniques covers specific examples of how FST integrates with many other methods used in manual therapies, fitness and sport training, rehabilitation and corrective exercise, movement re-education and motor repatterning. provides specific indications and information on the most common diagnoses and conditions and how best to use FST Section 2 provides detailed description of the FST technique with many explanatory photographs Intended readership: For manual therapists, bodyworkers and massage therapists, movement instructors, physical and occupational therapists, physiotherapists, athletic and sports trainers, fitness instructors, osteopaths and hands-on practitioners from all disciplines.

Trigger Point Therapy for Myofascial Pain

Are you taking medication or considering surgery because of pain? Have you lived with low-level muscle or joint pain for years? Imagine your life today without pain. Imagine you hold the key to eliminating any future pain. Find it inside this book: a groundbreaking drug- and surgery-free healing plan from master pain therapist Ming Chew. The Ming Method includes: Total pain relief with no drugs, no side effects, no surgery Fifteen-minute therapy sessions you can perform in your living room Self-diagnosis techniques to tailor treatment to your individual pain The proper hydration and supplementation for optimum health For twenty years, master pain therapist Ming Chew has treated scores of patients with his method. It doesn't mask or "manage" your pain. Unlike traditional medicine, it works by targeting the fascia, a poorly understood connective tissue, to permanently fix your underlying problem, not just mask symptoms. Hydrating, supplementing, and stretching and strengthening the fascia are the keys to The Permanent Pain Cure. The best part? A

typical therapy session lasts only fifteen minutes and can be done in your living room. Try the Ming Method yourself and reclaim your quality of life, your freedom of movement, your joy--and do it in as little as fifteen minutes a day. Your pain-free life begins today!

Fascial Stretch Therapy

Provides readers suffering from chronic back pain with an accessible program based on both Eastern and Western medicine, including yoga and stretching exercises

Stretch to Win

Fascial dysfunction is now recognized 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. Fascial Dysfunction - Manual Therapy Approaches aims 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. --

Fascial Stretch Therapy

Every one of us has fascia-the web-like connective tissue that comes wrapped around our tendons, bones, joints, and muscle tissues. Though we can't see it, it has the whole lot to do with how properly our bodies feature. Ann Frederick, a former professional dancer and a flexibility therapist, trained the Olympic guys's wrestling crew in 1996 the usage of a singular technique that concerned stretching the athletes' fascia rather than just their joints and muscle mass. That summer, the wrestling crew bested the Russians and earned greater medals than some other group.

Science of Flexibility

NeuroKinetic Therapy is based on the premise that when an injury has occurred, certain muscles shut down or become inhibited, forcing other muscles to become overworked. This compensation pattern can create pain or tightness. By applying light pressure that the client then resists, the practitioner can evaluate the strength or weakness of each muscle, revealing the sources of injury and retraining the client's body to remove the compensation patterns—reprogramming the body at the neural level. This easy-to-follow practitioner's manual presents a series of muscle tests specially designed to uncover and resolve compensation patterns in the body. Author David Weinstock begins by explaining how this approach

stimulates the body and mind to resolve pain. Organized anatomically, each section of the book includes clear photographs demonstrating correct positioning of the muscle accompanied by concise explanations and instructions. Labeled anatomical illustrations appear at the end of each section showing the relationships between the muscles and muscle groups. This essential resource is especially useful for physical therapists, chiropractors, orthopedists, and massage therapists looking for new ways to treat underlying causes of pain.

Stretching and Pregnancy

This book is the product of an important collaboration between clinicians of the manual therapies and scientists in several disciplines that grew out of the three recent International Fascia Research Congresses (Boston, Amsterdam, and Vancouver). The book editors, Thomas Findley MD PhD, Robert Schleip PhD, Peter Huijing PhD and Leon Chaitow DO, were major organizers of these congresses and used their extensive experience to select chapters and contributors for this book. This volume therefore brings together contributors from diverse backgrounds who share the desire to bridge the gap between theory and practice in our current knowledge of the fascia and goes beyond the 2007, 2009 and 2012 congresses to define the state-of-the-art, from both the clinical and scientific perspective. Prepared by over 100 specialists and researchers from throughout the world, *Fascia: The Tensional Network of the Human Body* will be ideal for all professionals who have an interest in fascia and human movement - physiotherapists, osteopathic physicians, osteopaths, chiropractors, structural integration practitioners, manual therapists, massage therapists, acupuncturists, yoga or Pilates instructors, exercise scientists and personal trainers - as well as physicians involved with musculoskeletal medicine, pain management and rehabilitation, and basic scientists working in the field. Reflects the efforts of almost 100 scientists and clinicians from throughout the world Offers comprehensive coverage ranging from anatomy and physiology, clinical conditions and associated therapies, to recently developed research techniques Explores the role of fascia as a bodywide communication system Presents the latest information available on myofascial force transmission which helps establish a scientific basis for given clinical experiences Explores the importance of fascia as a sensory organ - for example, its important proprioceptive and nociceptive functions which have implications for the generation of low back pain Describes new imaging methods which confirm the connectivity of organs and tissues Designed to organize relevant information for professionals involved in the therapeutic manipulation of the body's connective tissue matrix (fascia) as well as for scientists involved in basic science research Reflects the increasing need for information about the properties of fascia, particularly for osteopaths, massage therapists, physiotherapists and other complementary health care professionals Offers new insights on the fascial related foundations of Traditional Chinese Medicine Meridians and the fascial effects of acupuncture

Stretching & Flexibility

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.

[ROMANCE](#) [ACTION & ADVENTURE](#) [MYSTERY & THRILLER](#) [BIOGRAPHIES & HISTORY](#) [CHILDREN'S](#) [YOUNG ADULT](#) [FANTASY](#)
[HISTORICAL FICTION](#) [HORROR](#) [LITERARY FICTION](#) [NON-FICTION](#) [SCIENCE FICTION](#)