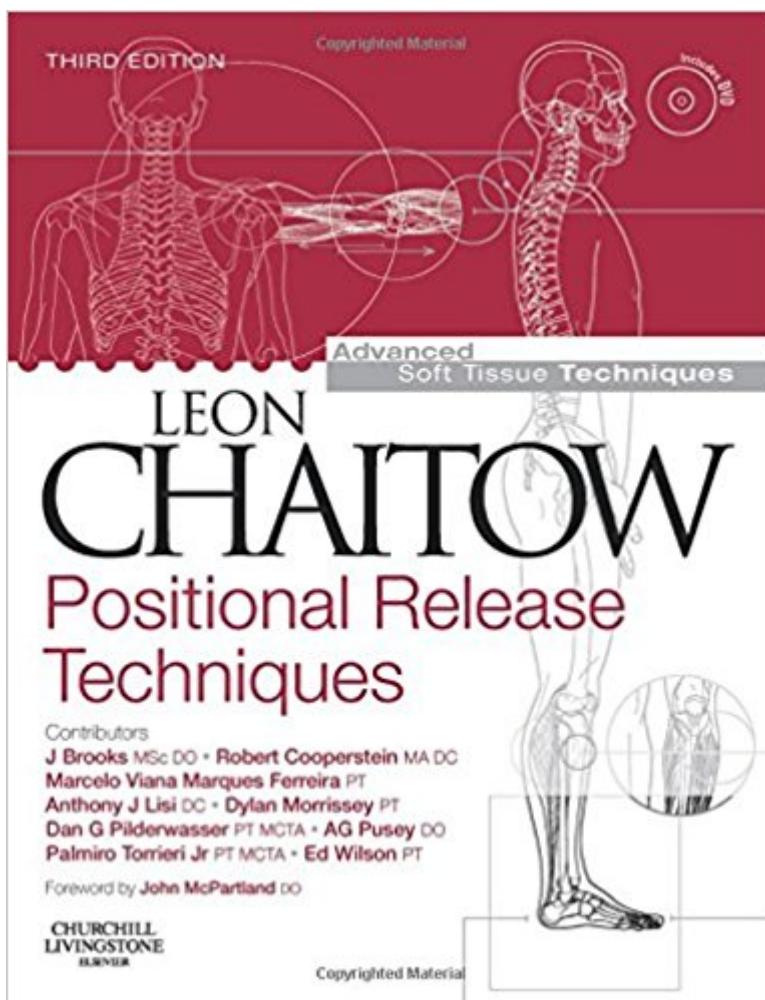


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# Positional Release Techniques With DVD-ROM, 3e (Advanced Soft Tissue Techniques)



## Synopsis

A comprehensive textbook covering all methods of spontaneous release by positioning. The background theory is explained and the techniques described in detail. The descriptions of the techniques are supplemented in the text by clear 2-colour line drawings and photographs and the DVD-ROM provides additional explanation through the use of video demonstrations with narrative by the author. Compares all major positional release methods, from strain/counterstrain to functional osteopathy. Details step-by-step use of these manual methods. Describes integrated use with other manual approaches, such as Muscle Energy Techniques. Provides explanations of treatment of both muscle and joint problems. Explains how the methods can be used to treat bedridden patients. Emphasises safety and usefulness in both acute and chronic settings. Three new contributed chapters: Sacro-occipital technique; use of padded wedges for diagnosis and treatment; Overview of the McKenzie Method; and Application of positional techniques in the treatment of animals. Completely updated, with additional new videoclips included on DVD-ROM. 56 new 2-colour line drawings and 27 new photographs.

## Book Information

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## Customer Reviews

Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques,

Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitionerâ™s Guide to Treatment, and many more. He is editor of the peer reviewed Journal of Bodywork and Movement Therapies, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where is he now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing.

I expected this to be a comprehensive catalog of positional release exercises, but it is instead a survey of the different techniques. Definitely not what is needed by an individual wanting to self-administer the positional release techniques.

A most helpful book for anyone with any sort of discomfort. Awesome techniques everyone should benefit from! Love the book, easy to read, understand, and implement techniques.

I've always wanted to learn about myofascial trains. This was a good resource.

Leon Chaitow is a garte instructor and his book demonstrates is deep knowledge and is recommended as a basic data source in every clinic.

Good price, fast shipping, great seller. Would recommend!

Not extremely informative at all

great resource

The information presented in this volume is right on target. Easy to read and understand.. Information also clarified by DVD that accompanies..I highly recommend this therapy.

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(Advances in Biochemical Engineering/Biotechnology) Muscle Energy Techniques: with access to [www.chaitowmuscleenergytechniques.com](http://www.chaitowmuscleenergytechniques.com), 4e (Advanced Soft Tissue Techniques) Procedures in Cosmetic Dermatology Series: Soft Tissue Augmentation with DVD, 2e Advanced Backgammon: Vol. 1, Positional Play Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques Master Techniques in Orthopaedic Surgery: Soft Tissue Surgery Stained Glass Tissue Box Cover: How to make your own stained glass tissue box covers Tissue Engineering I: Scaffold Systems for Tissue Engineering (Advances in Biochemical Engineering/Biotechnology) (v. 1) Lower Extremity Soft Tissue & Cutaneous Plastic Surgery, 2e Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises Pediatric Bone and Soft Tissue Sarcomas (Pediatric Oncology) Whiplash and Hidden Soft Tissue Injuries: When, Where and Why to Refer Auto Accident Patients Lexi-Comp's Oral Soft Tissue Diseases Manual The ADA Practical Guide to Soft Tissue Oral Disease Oral Soft Tissue Diseases: A Reference Manual for Diagnosis and Management Oral Soft Tissue Diseases: A Reference Manual for Diagnosis & Management Optimal Implant Positioning & Soft Tissue Management for the Branemark System Soft Tissue Augmentation: Procedures in Cosmetic Dermatology Series, 4e

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